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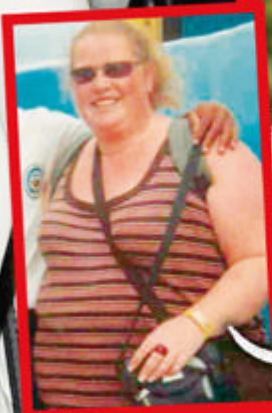


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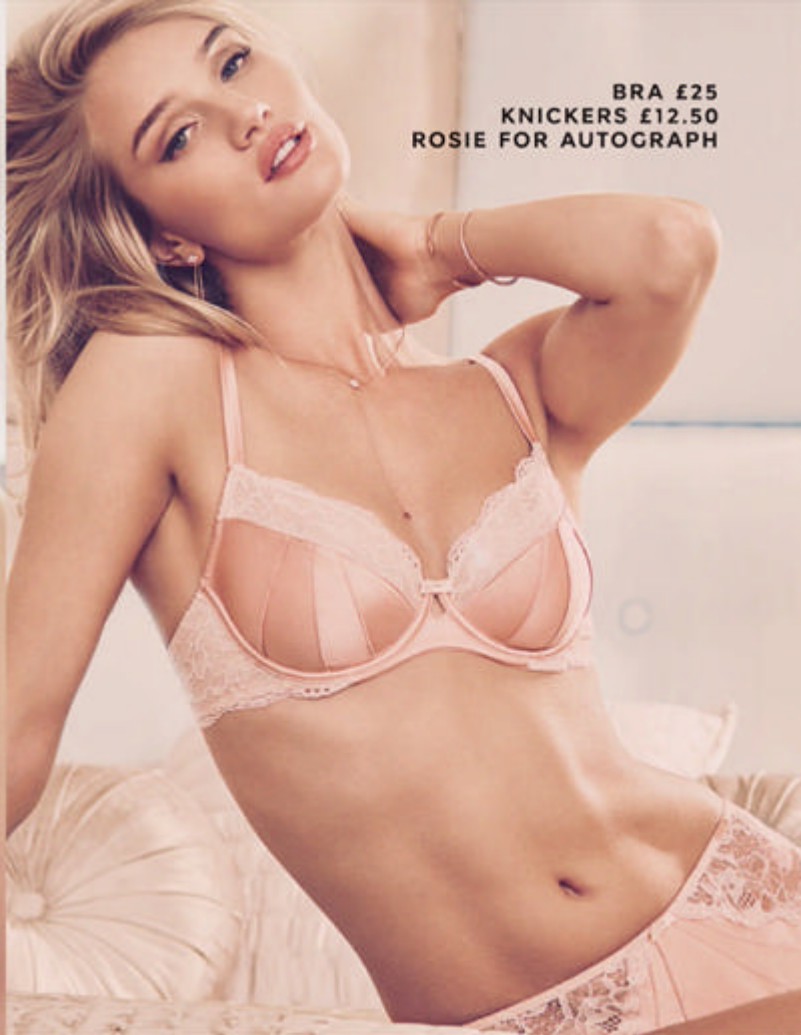




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This is the week to grab yourself a fashion or beauty bargain. Never before have we been able to offer so many brand discounts in one issue. So if you are looking for a new spring wardrobe, page 39 is the place to start. Just type in the online codes to bag yourself savings of 15 or 20 per cent. Aren't we good to you?

Jane Ennis EDITOR-IN-CHIEF

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PLUS
Over 1/3 off celebs' fave hair salons

10

Kim & Kanye
Emotions run high as they look to adopt a little boy

22

Ryan Gosling
On getting to grips with being a dad

6

Frankie Bridge
is one of our WAGs-in-waiting

Coronation Street star Brooke Vincent (who plays Sophie Webster) is our brilliant new blogger at reveal.co.uk - you could even feature in her next blog!

30

Celebrity jet-setters
Nine trips and 26,000 miles in 12 months. Who else is on the list with Coleen?

8

Cheryl
Becomes a lady in red

BEAUTY DEALS & steals

WAGs-

These glam mums-to-be are eagerly anticipating the arrival of their little ones – and don't we know it judging by their blooming bumps!

HELEN FLANAGAN DIFFICULT PREGNANCY

Also taking to social media to vent about the trials and tribulations of pregnancy is ex-*Corrie* star Helen Flanagan who, among other symptoms, is now suffering from hay fever.

The 24-year-old actress, who's expecting her first baby in June with her Aston Villa midfielder boyfriend Scott Sinclair, 26, shared her woes with her followers. She's also revealed she's suffered with the same severe morning sickness as Kate Middleton, backache and swollen ankles.

But not letting it get her down, mum-to-be Helen proudly showed off her bump in a sunny yellow dress as she stocked up on baby goods near her home in Cheshire. And pregnancy seems to have done wonders for Helen's hair, as she revealed it's grown thicker and she's ditched her beloved extensions as a result.

FRANKIE BRIDGE FITNESS KICK

The Saturdays singer Frankie Bridge and husband, ex-England and Chelsea footballer Wayne, 34, are keeping the sex of their second baby (a brother or sister to 18-month-old Parker) a surprise. So Frankie, 26, is getting as organised as possible in the meantime and has started nesting. But she revealed she's taken on the rather unglamorous task of clearing out the garage. (That's what Wayne's for, Frankie!)

The *Strictly* star, due in September, also revealed she's re-joined the gym, and is on a fitness drive after gaining weight during her last pregnancy due to water retention.

'I've been to the gym a couple of times for about 20 minutes,' she says. 'I tell myself it's better than doing nothing at all and I ached afterwards. I've been on the bike because running or jumping doesn't feel right for me when I've got a bump.'

But Frankie's still managing to look chic, showing off her cool maternity style in selfies on Instagram, despite saying: 'It's hard to stay true to what you like and get used to your new body. I don't think I'd ever be seen in a pair of shorts any more, and that's what I always used to wear.'

in-waiting



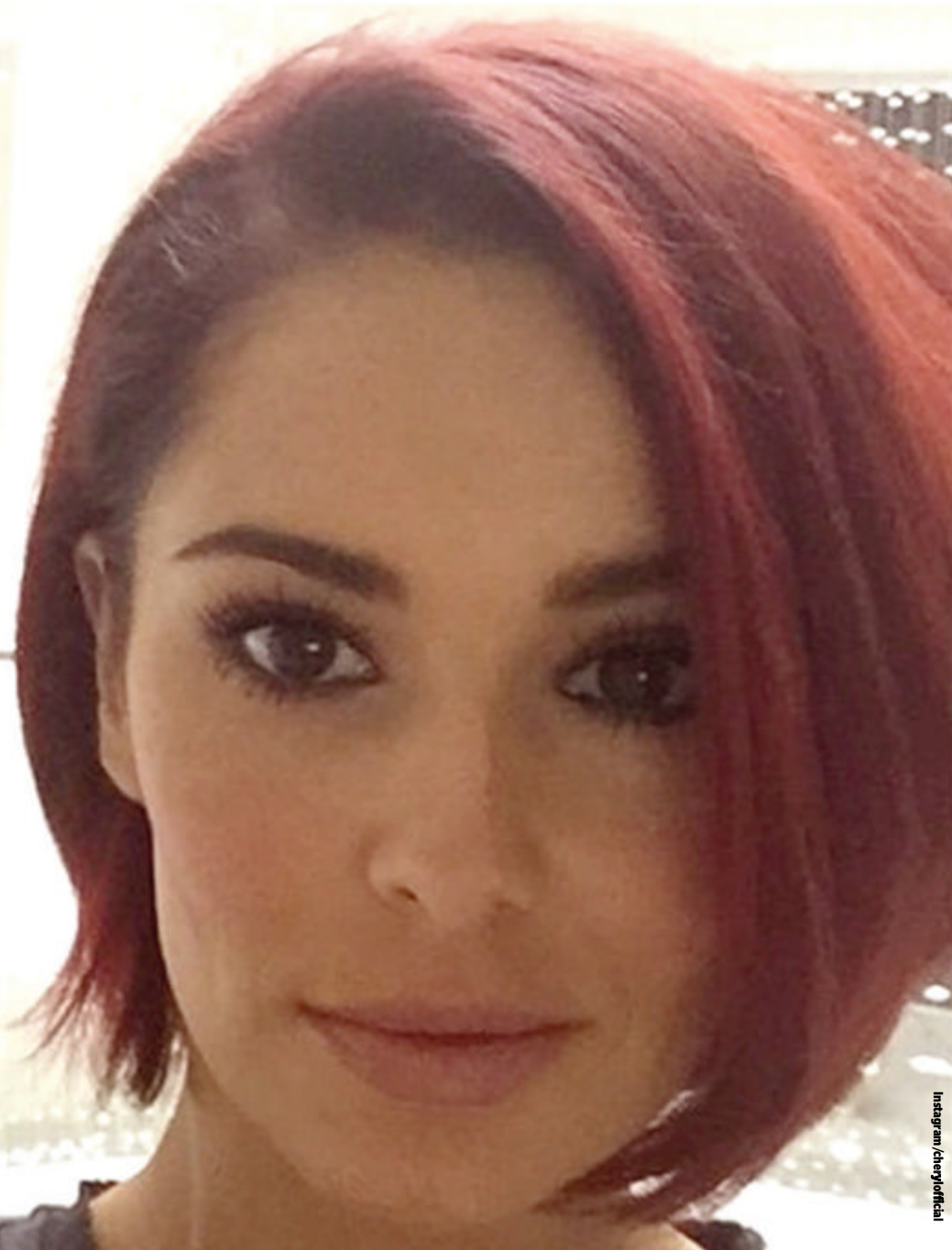
ABBEY CLANCY STYLE STRUGGLES

In true WAG style, eight months pregnant Abbey Clancy is struggling to style her bump. The fashionista tweeted: 'Miss my high waisted flares #babybump probs.'

Regularly updating us with stunning bump selfies, 29-year-old Abbey (who's also mum to three-year-old Sophia with Stoke City striker hubby Peter Crouch) has taken to Instagram to document her burgeoning bump as she counts down to her due date next month.

And despite her style struggles, the 2013 *Strictly* winner showed off her model roots by looking glowing in just a white shirt as one of the faces of the 2015 Fashion Targets Breast Cancer campaign.

Fancy getting your hair done at Percy & Reed like Cheryl? Turn to page 58 to find out how to get a free cut at the salon



Instagram/cherlyofficial

CHERYL'S IN THE RED

The L'Oréal poster girl has given us yet another look to covet

Blonde... blue... grey... celebrities change hair colour like the rest of us swap lipsticks, and Cheryl Fernandez-Versini is the latest to switch up her shade.

In March this year, *The X Factor* judge created a stir in the hair world when she waved goodbye to her famously luscious locks, and became yet another star to convert to the bob.

But it seems the recent burst of spring has got to Cheryl, 31, and left her feeling in need of another new-season refresh, courtesy of her favourite salon.

The former Girls Aloud member revealed she's ditched her usual chestnut shade – L'Oréal Paris Casting Crème Gloss in

Berry Red, £6.79, boots.com – which had subtle tones of redness, in favour of a more vibrant, unmistakable cherry red.

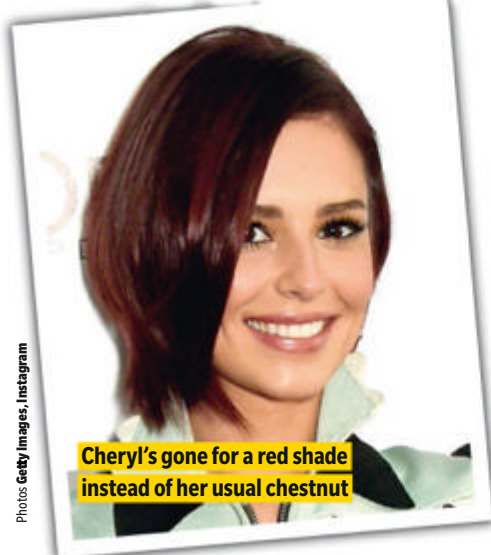
Her dramatic hue was created by Ellenora Dean, a top stylist at London's Percy & Reed salon who are responsible for Cheryl's cut.

Cheryl unveiled the bold look on Instagram – and got an instant positive reaction from fans. It seems Chezza's been craving a transformation for some time.

'Creating a new look has been talked about for a while. But this cut was done on the spur of the moment,' says Paul Percival, the man behind her chop.

Hairdressers of the nation, consider yourselves warned: we predict a red riot.

Aja Wallis



Cheryl's gone for a red shade instead of her usual chestnut

Photos: Getty Images, Instagram



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After failing to conceive naturally, Kim Kardashian West and hubby Kanye are planning to adopt a baby from her ancestral homeland of Armenia

They've been doing all they can to conceive for the past year but, having failed to become pregnant, Kim Kardashian West and husband Kanye West have made the decision to adopt a baby boy from Armenia.

The couple enjoyed a five-day break in the Middle Eastern country a fortnight ago, with their 22-month-old daughter North, known as Nori, and Kim's sister Khloé.

They took in the sights, reunited with Kim's Armenian cousins and met Prime Minister Hovik Abrahamyan during their busy trip. Kanye even performed a free concert in the capital, before they headed to Jerusalem to get North baptised.

Yet, away from the cameras, the pair found time to visit orphanages and are now planning to adopt a baby boy.

'Kim and Kanye made arrangements when the cameras weren't following them to see some babies who were up for adoption,' says an insider. 'It was a very emotional moment for them to think that one of the little boys could end up being their son. They must have spent time with at least half a dozen babies – Kim wanted to take them all home there and then.'

Even though there is still a lot of paperwork that needs to be done before the pair can take home a baby, they have already decided to call the tot Nairi, an Armenian name meaning 'land of rivers'.

'Kim and Kanye have been desperate for a son,' says the source. 'Kanye has always wanted a boy who he can turn into a mini-me, a spitting image of himself. And with their first wedding anniversary coming up next month, a brother for North is perfect to celebrate one year of married bliss.'

STRUGGLE TO CONCEIVE NATURALLY

Kim, 34, and Kanye, 37, finally settled on adoption after months of anguish. The pair have been trying to conceive since last spring and Kim even admitted earlier this year that they were 'having sex 500 times a day' in the hope of getting pregnant.

But they later did a U-turn after discovering too much sex can harm your chances of conceiving. 'Kim read online that

it's all about sperm quality not quantity, so she started rationing Kanye to sex every other day, but it still hasn't happened,' the source continues.

The couple – who wed in Italy last May – then considered surrogacy after doctors told Kim a medical condition involving her uterus might be hampering her chances of conceiving.

'Kim asked her sister Kourtney if she would be her surrogate, but she





Kim and Kanye's ARMENIAN ADOPTION



Kanye, Khloé, Kim and North lit candles at a monastery in Armenia

said no because she wanted to give her body a rest after having three children of her own. Besides, she also has her hands full dealing with hard-partying Scott Disick.'

The thought of a stranger carrying their child was enough to put Kim off the idea for good. 'She was terrified about trusting another woman to carry her baby in their womb, she just couldn't imagine putting her faith in someone outside the family to do such a huge, important thing for her.'

ADOPTION IS 'PERFECT SOLUTION'

After ruling out surrogacy, Kim and Kanye decided the best option would be to adopt. Kim has considered it in the past after 'falling in love' with a 13-year-old orphan girl named Pink during a visit to Thailand.

Following the visit to a children's home in the country's Phang Nga province, Kim admitted she had considered adopting Pink, saying: 'When you meet someone you really connect to like this, you can't help but think how you could change their life. And I think looking into adoption would be amazing. I literally cannot stop thinking about her. I told Kanye, "Honestly, this girl is so sweet and so cute, I would adopt her."'.

The adoption never happened and Pink said she would prefer to stay in her home country. But it obviously sparked a thought for Kim and Kanye and the decision to adopt an Armenian baby was reached after deep consideration between them and talks with their family.

'It just seems the ideal answer to their problem,' says the source. 'And by getting a child from Kim's ancestral homeland, she feels her new son will look like North and other members of the family.'

Kim's first pregnancy was difficult – she put on three stone and suffered pre-eclampsia, a condition that is related to high blood pressure and protein in the urine.

Despite saying having North made her want 'a million' kids, Kim – whose whole life is broadcast around the world on *Keeping Up With The Kardashians* – admits carrying a baby was tough. 'I wouldn't wish the pregnancy I had upon anyone,' she said. 'It wasn't a good experience for me. I had a few medical issues, so it was really tough, and I gained a lot of weight. It was really mentally hard.'

Sources say the thought of having a son without going through a difficult pregnancy again helped Kim come to the difficult decision to adopt.

'Another pregnancy would be tough on Kim,' says our insider. 'This way she doesn't have to worry about piling on lots of baby weight or getting ill again. As far as Kim and Kanye are concerned, this is a win-win situation. And if all goes to plan, they hope to have their baby home by the summer.'

Kelly Jenkins

reveal.co.uk 11



A DAY OF BEING KIM K

Ever wondered what a typical day is like for Kim Kardashian West? Well, luckily for us, Kim's told all in a recent interview – starting with her hubby Kanye West's unlikely obsession with dieting.

'Kanye loves to eat really healthily and is always on different diets,' Kim, 34, said. 'We just started seeing a nutritionist who changes our diet every 10 days.'

The *Keeping Up With The Kardashians* star also admitted she can't go for long without regular family chats: 'I'm obsessed with them. We're on group chats every day.'

Finally, the mum-of-one revealed in a new coffee table book about her life that she works out to unconventional music. 'I like to listen to slow R&B or even classical,' she said.



SOFIA'S EMBRYO BATTLE

Modern Family star Sofia Vergara and her ex-fiancé are in a legal battle over two frozen embryos they planned to use to start a family.

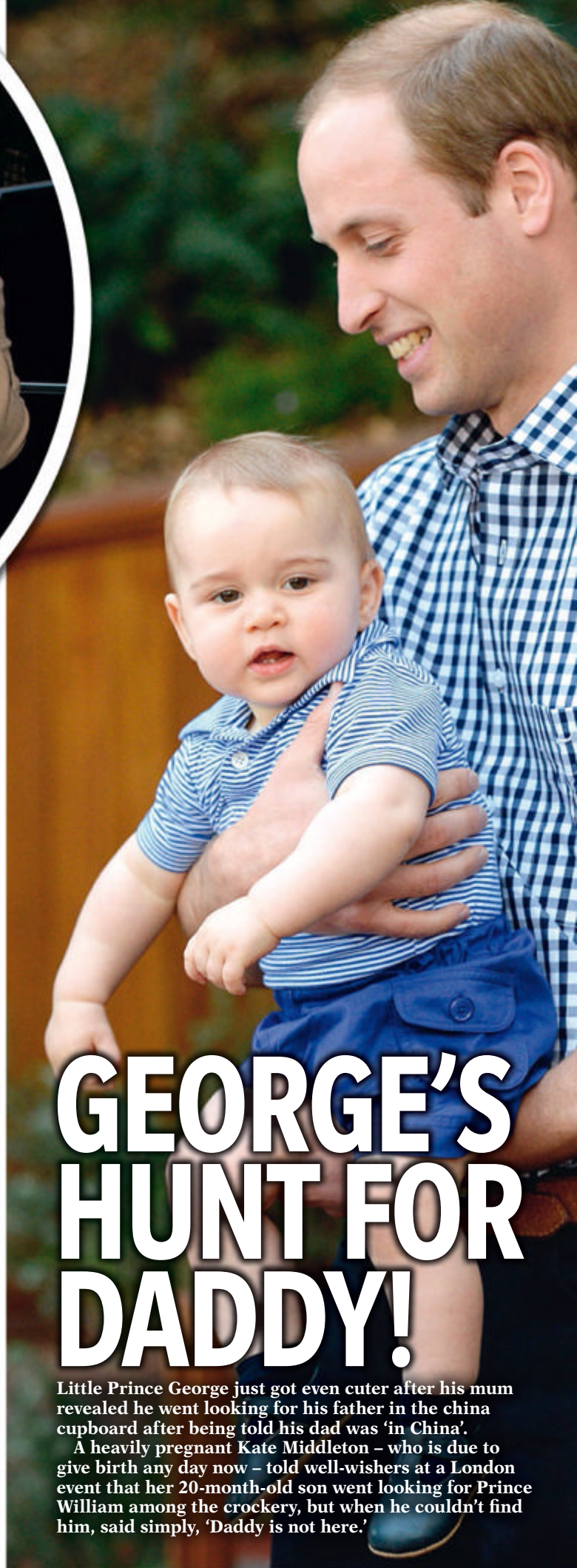
The Colombian-American actress, 42, wants to destroy the embryos but Nick Loeb, 39, has filed a lawsuit to stop her.

The pair fertilised the embryos using her eggs and his sperm six months before they split in 2013, according to court papers filed last week in California.

The documents also revealed they twice tried to use a surrogate but were unsuccessful, and businessman Nick claims Sofia was 'abusive', punching and kicking him and throwing a phone at him during their relationship.

Sources close to Nick say he wants the embryos preserved because he believes life starts at conception. Sofia, who has a 22-year-old son, Manolo, from a previous relationship, is now engaged to *Magic Mike* star Joe Manganiello, 38, and they are reportedly having IVF to try and conceive.

Her agent declined to comment on the abuse allegations.



GEORGE'S HUNT FOR DADDY!

Little Prince George just got even cuter after his mum revealed he went looking for his father in the china cupboard after being told his dad was 'in China'.

A heavily pregnant Kate Middleton – who is due to give birth any day now – told well-wishers at a London event that her 20-month-old son went looking for Prince William among the crockery, but when he couldn't find him, said simply, 'Daddy is not here.'



Kate is due to have her second child any day now



LEONA GETS FIERY

Leona Lewis has spoken out against her old record label Syco, after recently switching to Island Records to launch a more 'genuine' sound.

Speaking at her album preview launch in London last week, she said: 'Thank you to everyone at Island Records for allowing me to make an honest and genuine album and show the real me.'

The 2006 *X Factor* winner then launched into her new single *Fire*, which includes the lyrics 'drowning in quicksand' and being 'set free' – words that appear to reference her time at Syco, which is owned by Simon Cowell.

The 30-year-old Londoner also dedicated her song *Thank You* to her parents, saying: 'You'd think waking your parents up in tears is something that stops when you're a child, but not for me. This is to say thank you for being there for me the last two years, through everything.'

SIMON'S PLAN TO POACH RITA

Looks like Simon Cowell has his eye on another young woman for the next series of *The X Factor*, *Hot Right Now* singer Rita Ora.

'I saw Rita on *The Voice* and I thought she was very good,' Simon, 55, said: 'When it comes to asking her over, it's fair game.'

But Rita, 24, has already turned down his offer once in favour of joining *The Voice*, so Simon may have a fight on his hands.

Meanwhile, Caroline Flack and singer Olly Murs have been confirmed as joint hosts for this year's series, replacing the departing Dermot O'Leary.

Katherine Parkes, Kelly Jenkins



Madonna's ex, Guy Ritchie, is concerned that the superstar's constant showing off is bad for their 14-year-old son Rocco and pleads with her to tone it down



Guy tells Madonna 'ACT YOUR AGE'

Love her or hate her, after 40 years in the music industry, Madonna knows how to keep the world talking about her.

Last week, the star was trending on Twitter worldwide for snogging rapper Drake when she joined him on-stage for a surprise appearance at the Coachella festival in California.

Afterwards, the 28-year-old rapper looked embarrassed and wiped his mouth.

In February, Madonna fell off stage at the BRIT Awards in London during an energetic performance and she caused a furore when she went topless for a magazine shoot in December.

But while Madonna's fans are chuffed that the 56-year-old megastar is still as wild as in her 80s and 90s heyday, not everyone is so pleased.

Her ex-husband Guy Ritchie, 46, is concerned at their 14-year-old son Rocco witnessing her antics and is begging her to act her age.

'Guy's concerned because Rocco's following his mother around on chat shows and is going to be with her on her world tour,' a source tells *Reveal*.

'Rocco enjoys dancing and his mum's lifestyle, but Guy is concerned about Madonna's wild behaviour.

'Despite being in her fifties, she's more unpredictable than ever. Guy thinks what she's doing is totally inappropriate and she should tone it down.

'He dreads to think what stunt she'll pull next, or what risqué costumes she'll be wearing when she goes on tour.'

Last month, Madonna revealed she clashed with film director Guy over her stage routines during their eight-year marriage, during which time they adopted their son David, now nine, from Malawi.

She said: 'I did find myself in a state of conflict sometimes. There were many times when I wanted to express myself as an artist in ways my ex-husband wasn't comfortable with.

'There were times when I felt incarcerated,' she added. 'I wasn't really allowed to be myself.'

Now, seven years after their divorce, she certainly isn't holding back, and it's really



Rocco's enjoying time with his mum



Drake looked horrified after Madonna snogged him without warning at Coachella!



Ex-hubby Guy thinks Madge is a bad influence on their son



winding Guy up. Two weeks ago, Rocco had a cameo role in a video his mum made when she was interviewed on *The Tonight Show* in the US. In the video, Rocco stood in front of the camera and lip-synced 'B**ch, I'm Madonna'.

THRUST INTO HER CROTCH

During her appearance – which Rocco was watching – Madonna shoved an audience member's face into her crotch and sprawled across host Jimmy Fallon's desk.

The star then joked about her dating younger men, which she's tended to do since splitting with Guy. Her most recent exes are Dutchman Timor Steffens, 26, and 25-year-old dancer Brahim Zaibat.

She said: 'I did find myself very strangely the other day thinking, at breakfast with my son Rocco, I haven't had a date in a couple weeks. I looked at my son, and without thinking I said, "Do you have any friends you can introduce me to?"'

Couple this with Madonna's snog-tastic Coachella performance, and Guy – who also has three young children with his

model fiancée Jacqui Ainsley – is less than impressed with his ex-wife.

'Madonna's been very loose-tongued about her time with Guy, which hasn't gone down very well, and it's understandable that he's more than a little annoyed with what she's been saying,' says the source.

Guy, who is filming his new movie, *Knights Of The Roundtable: King Arthur*, in Snowdonia, would love Rocco to come and join him on set.

'But right now, Madonna's schedule is far more enticing for a youngster, making appearances on talk shows and cool festivals like Coachella,' our source says.

'Rocco's a born performer and has jumped at every opportunity his mum has given him.

'He was one of her dancers for her performance on Jimmy Fallon and he's eager to do more, especially on tour.

'But Guy thinks Madonna's going to let Rocco run wild as she'll be on stage most of the time and won't be able to keep an eye on him.

Our source adds: 'Despite Guy's

disapproval, Madonna has every intention of championing her lad's natural talent and is encouraging him to follow his dreams – just like she did.

'If he wants to be a performer then Madonna is the last person who would stand in his way. Secretly, she loves that they have that in common.'

Madonna's very close to her second child – they go on holiday together and show off pictures of one another on their social media accounts.

'Madonna loves following trends via Rocco and her 18-year-old daughter Lourdes [by actor Carlos Leon] and encourages them to go out, have fun and then report back,' explains our source.

'She relies on them to find out what's hip and she feels a strong connection to youth culture and she's not prepared to let go. She's a loving mother but she's always very rebellious and loves to misbehave.

'It's a straightforward case of conflict of interest between the parents and right now it's Madge who is being very, very bad.'

Rebecca Greenow

KATIE SHOPS FOR A BRAND NEW LOOK

Sick of her dark hair and bored with her flat chest, Katie Price is changing her image – and planning boob job No.8!

She's the queen of cosmetic surgery and has changed her image more times than we can remember – yet Katie Price still isn't happy with her look.

She had a boob reduction shortly before entering the *Celebrity Big Brother* house in January, but developed a painful infection.

After winning the show, the former glamour model had emergency surgery in Belgium taking her down to her original 32B chest. But despite all the problems, Katie has decided to go under the knife again.

In what will be her eighth boob job, the mum-of-five is planning to have small implants inserted to take her up to a natural looking 32C.

'Katie plans to shop around for a perky pair,' says a source. 'She's considering a different shaped implant called a pear drop. It's a far more natural look – softer and sexier. She loves her new streamlined image and says she's only having new implants to perk up her "pancakes".'

A WHOLE NEW LOOK

Her boobs are not the only thing Katie, 36, intends to change. She's planning a complete image overhaul and has a shopping list of all the things she wants, including a new hairstyle, wardrobe, more Botox and a killer six-pack. She's hired a new team of hair and make-up people and has told them she wants a radical new image.

'Katie wants to totally reinvent her look,' says the source. 'She's sick of her dark hair and extensions. They've damaged her real hair and she says they're dull and ageing. She's going to have them taken out, go shorter and colour her hair a soft blonde.'

'She's been experimenting with short wigs. She loves the idea of a chic crop, but in reality doesn't have the balls to go that short. She's planning a long bob so her hair falls to her shoulders.'

And Katie – who is mum to Harvey, 12, Junior, nine, Princess, seven, 20-month-old Jett and six-month-old Bunny – is planning a juice detox and hardcore workout sessions with her personal trainer husband Kieran Hayler, 27, to get her in the best shape of her life. 'Katie says she'll have a body that doesn't need any airbrushing by the time she's finished,' says our insider. 'She plans to give celebrities in their twenties a run for their money.'

'Kieran loves her body and she boasts that he knows all the tricks to get her in shape and fast. Their workouts, plus the Jason



Vale juice diet she's planning, will transform her body. She wants a six pack so she can show off her stomach instead of her boobs.'

Next on Katie's 'makeover shopping list' is a new wardrobe... but don't expect the notoriously outrageous dresser to suddenly become classy.

'Katie has enlisted a stylist who buys her pieces in from Madrid in Spain and Los Angeles in the States. The brief Kate gave her was, "tight and figure-hugging",' says the source. 'She thinks she's been looking a bit frumpy lately and wants to sex it up again. 'She's a mum of five, but says that doesn't mean she has to dress like one. Her new look is going to be ultra glam.'

The final thing on Katie's list is to have more Botox, to zap any remaining wrinkles and to give her a more youthful complexion.

'Katie has held Botox parties at her house before. She's had it for years, so it's nothing new,' adds the source. 'But she is planning to leave her lips alone and lay off the filler. The Botox will smooth out her skin and give her a youthful glow. Once she's finished, she'll look like a whole new woman.'

Kelly Jenkins

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Reveal caught on camera



COACHELLA FESTIVAL

As Coachella – the biggest music festival of the year – kicked off on 10 April in California, USA, we look at the stars who were all about the party. **1** Florence Welch, 28, of indie band Florence and the Machine, got so into her performance that she broke her foot on stage – ouch! **2** Jenner sisters Kylie, 17, and Kendall, 19, shared an embrace while rocking their festival fashion looks. **3** Brooklyn Beckham, 16, posed for pics with his cousin, Liberty Flood, 17, and their friends. **4** Hailey Baldwin, 18, (daughter of film star Stephen) and Kendall Jenner enjoyed a VIP view of the main stage thanks to their male friends. **5** Justin Bieber, 21, who was booted out from 28-year-old Drake's performance, looked a little worse for wear at the NYLON Midnight Garden Party with Chris Brown, 25. **6** Kendall was spotted dancing with singer Fergie, 40, as they strolled through the California desert. **7** Katy Perry, 30, enjoyed some time away from her tour as she partied with Robert Pattinson, 28, and his rumoured fiancée FKA twigs, 27. **8** David Hasselhoff, 62, attended with his girlfriend, Hayley Roberts, 34. **9** Hilton sisters Paris, 34, and Nicky, 31, showed off their chic boho style as they struck a pose. **10** Rihanna, 27, danced with friends as she watched her ex Drake headline.



J.LO THE WEDDING PLANNER part two!

After rekindling her romance with toyboy Casper Smart, Jennifer Lopez is making like her movie character and planning wedding No.4...

Jennifer Lopez's 2001 movie *The Wedding Planner* was a global hit – and it seems the star is using what she learned on film to plan her own wedding to Casper Smart.

J.Lo, 45, dated the 28-year-old backing dancer for three years but they split up in June 2014 after accusations he cheated with a transsexual model.

The pair rekindled their romance in January and have been spotted together many times since, most recently having a romantic dinner after the MTV Movie Awards in LA last week.

And sources say Jennifer – who has been married to waiter Ojani Noa, dancer Cris Judd and singer Marc Anthony – is planning her dream wedding behind the scenes.

'Now she's rekindled her romance, J.Lo has been planning a summer wedding,' says a source.

'She wants something tasteful for her fourth trip down the aisle and has decided she wants to say "I do" in California this June.'

EX MARC MAY BE A WEDDING GUEST

Despite telling pals she wants the day to be 'understated and elegant', Jennifer is planning an A-list wedding and will wear two dresses.

'She wants a Marchesa gown to walk down the aisle and a Versace dress for the reception,' says the source. 'She's done the white thing before, so she is leaning towards a pale rose pink.'

The wedding will take place in Santa Barbara and Jennifer has a very special theme in mind.

'She has this idea of creating a woodland garden filled with flowers where she and Casper will take their vows,' says the source.

The *Booty* singer is planning to design her own wedding band – and already has the diamond.

'Early in their relationship, Jennifer bought a pink diamond that has been sitting in her vault waiting to be set. It's an emerald cut, and she plans on having white diamonds down either side of it,' says the source. 'It's at least 10 carats, and is worth about \$1 million.'

Wedding guests include Jennifer's seven-year-old twins, Emme and Max, from marriage No.3 to Marc, and her celeb pals.

'She will invite Eva Longoria, Cameron Diaz, Pitbull and *American Idol*'s Randy Jackson and, of course, her kids will be on hand.

'She's even thinking of inviting Marc. It's not clear if he would want to come, but they get along great and are positive in front of the kids.'

'Jennifer thinks it would be good for the children to see that they are still one family.'

Kelly Jenkins





Do you know what Infrared-A is doing to your skin?

Protect yourself against up to 4x more of the sun's rays*

- Infrared-A makes up 30% of the sun's rays; UV accounts for just 7%
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- Ladival's Advanced Infrared-A Defence System protects against UV-A, UV-B **and** Infrared-A; that's 4x more of the sun's damaging rays*

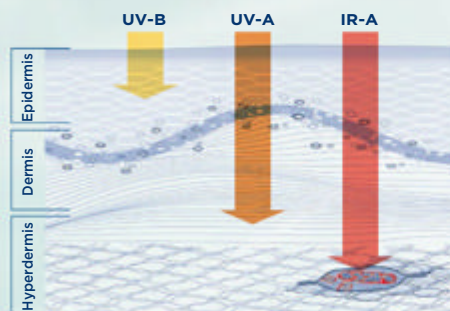


Diagram showing the sun's rays penetrating your skin.



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Ladival is available in a variety of SPF levels and formats for both adults and children.
*Compared to UV-A/UV-B only sun creams.



Stars of *Lost River* (L-R): Reda Kateb, Matt Smith, Iain De Caestecker and Christina Hendricks with director Ryan Gosling

Hollywood hunk Ryan Gosling has switched acting for directing in his new movie, *Lost River*. He talks watching *Doctor Who*, charity shopping and being a new dad

What made you want to shoot your first film in Detroit?

It all started when I had an opportunity to work in Detroit when I filmed *The Ides Of March* [the 2011 political thriller]. I had a really romantic idea of the city. Everything cool is from there... Motown, the automobile industry – and Eminem! People's houses are being torn down and I wanted to make a movie about it. We wanted to walk the line between fantasy and reality and tap into what was there.

Were you tempted to cast yourself?

No. That seemed like a lot of effort.

How was being on the other side of the camera and putting a cast together?

I felt like George Clooney's character in *Ocean's Eleven*, putting together the dream team. We were bringing together people we had worked with before and loved. It was very small and we were making something that we wanted to see.

There's some strong female roles in the film, like *Mad Men*'s Christina Hendricks playing single mum Billy...

I'm all about the girl power. I had some really strong female characters growing up in my life. I have a single mum and she's really beautiful. It was scary sometimes as guys would be so predatory and circle like sharks even when we went to the grocery store. As a kid it was very off-putting.

You cast *Doctor Who*'s Matt Smith as the villain, Bully. How did that happen?

I was writing and I heard Matt's voice – I turned around and saw him on the TV in *Doctor Who* and he was doing a scene where he was ruling the universe and he

was making a stressful scene look so easy. I wrote the part with him in mind and asked him to audition.

How was it working with Matt?

I hired Matt because he rules. I'm there to tell him what I think as a director if he wants to know, but I chose him because it was more of what he was going to bring to the role. He really helped me to strike that balance with fantasy and reality.

Do you plan to shoot a film in the UK?

We've spent the last two days racking our brains about how we can make a movie here. Let me know if you have any ideas.

Has becoming a father [Ryan's partner Eva Mendes gave birth to their daughter Esmeralda in September] affected how you work with children?

I'm pretty new at it so I'm adjusting to it right now. The kid Frankie in the film, we nicknamed him Marlon Brando because he didn't want to look at the camera. He cried every time he saw it. We had to hide in the bushes with long lenses. It worked!

'I'M ADJUSTING TO FATHERHOOD'



The film is Ryan Gosling's first as a director

There's some outlandish fashion in the film, like Matt's sparkly jacket...

We didn't have much budget for costumes so me and Eva [who also stars in *Lost River*] went to a charity shop. She found this sequin jacket and we came back with bags of clothes. We let the actors go through it. Matt says the jacket was like destiny.

What's your favourite part of the movie?

We cast some local people to add reality. One of my favourite scenes is when Matt is dancing with the lady in a gas station. She was watching us film and she really fancied Matt.

Emma Hunt

Lost River is in cinemas and available on-demand now

Extreme PDAs!

For these hot-under-the-collar couples, it's a case of one small step for romance, one giant leap – quite literally – for love



MARGOT ROBBIE

Wolf Of Wall Street actress Margot, 24, has been dodging rumours of a split from her Brit film director boyfriend Tom Ackerley for months. So she showed us all, once and for all that they are still very much an item as she went in for an almighty bear hug and snog in Toronto, Canada, last week. That can't have been too comfortable in those unforgiving leather trousers, Margot.

Words: Emma Hunt Photos: Barcroft Media, FameFlynet, Xposure Photos

Reveal celebs



JESSE METCALFE

We don't blame actress Cara Santana, 31, for getting hot and heavy in public with her fiancé, the gorgeous former *Desperate Housewives* star Jesse Metcalfe, 36. The couple took time out from jet-skiing during an idyllic break in Monte Carlo for a PDA on the beach, which saw Cara wrap her legs around Jesse's toned torso. Get a room, guys!



KELLY BROOK

Never one to shy away from a photo opportunity, model-turned-actress Kelly Brook showed she's off the market again as she put on an eye-popping display for onlookers and photographers during a romantic mini break to Paris. Kelly, 35, proceeded to straddle her new French beau, judo instructor Jeremy Parisi, in a rather unladylike way as they took in the sights of the city of love. And they say romance is dead, eh?

'I'M HAPPY, HEALTHY & beautiful'

After vicious online comments about her weight, singer and mum-of-one Pink hits back at her trolls with one incredible response

Together with Destiny's Child, Britney Spears and the Spice Girls, Pink – real name Alecia Moore – is always at the top of our playlist when we need a little boost of girl power.

She's a feisty extrovert and her songs made the boys at school run in fear for their innocent lives when we belted out: 'I'm trouble, yeah, trouble now!' at the top of our teenage lungs.

Fast-forward a decade, and Pink's got married to ex-motocross rider Carey Hart, who's dad to their three-year-old daughter, Willow. And, the 35-year-old is just as defiant and opinionated as ever.

Attending a charity ball alongside Carey, 39, in LA last week, Pink, dressed in a plunging black ankle-length dress, was predictably and cruelly targeted by Twitter trolls over her weight.

Responding to online pictures of her and her husband of nine years, one vile user commented: 'Pink, lose weight you fat b**ch.'

But if there's one gal you don't want to mess with, it's Pink. And slamming the fat-shaming bullies with as much oomph as she pulls off her girls' anthems, she posted her own lengthy response on Twitter.

'I can see that some of you are concerned about me from your comments about my weight,' she wrote.

'You're referring to the pictures of me from last night's cancer benefit that I attended to support my dear friend Dr Maggie DiNome.

'She was given the Duke Award for her

tireless efforts and stellar contributions to the eradication of cancer.

'But unfortunately my weight seems much more important to some of you.'

The *Get The Party Started* singer then went on to take the mickey out of herself, confessing to taking pre-party selfies in the kitchen, just like the rest of us.

'While I admit that the dress didn't photograph as well as it did in my kitchen, I will also admit that I felt very pretty. In fact, I feel beautiful,' she wrote.

'So, my good and concerned peoples, do not worry about me. I'm not worried about me and I'm not worried about you either.

'I am perfectly fine, perfectly happy, and my healthy, voluptuous and crazy-strong body is having some much-deserved time off.'

Signing off her epic comeback, Pink joked: 'Thanks for your concern. Love, cheesecake.'

MESSAGES OF SUPPORT

Adding that her husband was also a fan of her new-found curves, she humorously added: 'And my hubby says, "It's just more to love baby" (and then I smack his hand off my booty 'cause we're in a supermarket).'

Messages of support and admiration flooded in from some of her 26 million followers, reposting her inspirational message and sharing their own experiences. One fellow mum wrote: '(My



Pink and hubby Carey at the charity event that led to comments about her shape

Reveal says
'We ♥ Pink!'



She posted this cute pic of her and Willow before going out

Twitter/@pink

stomach) is squishy too, but it was the vessel for three little bad asses. Love the love.'

The MTV Video Music Award winner made it clear that she wants daughter Willow to grow up with a positive body image.

Tweeting a picture of them both smiling ahead of the charity ball (see left), a clearly content Pink wrote: 'Willow said to me the other day whilst grabbing my belly, "Mama, why are you so squishy?" And I said, "Because I'm happy baby."

Lauren Hills



Proudly showing off her toned tum on tour last year

I felt my stomach was going to explode!



Jane started to have embarrassing stomach problems. She tried many treatments and sought advice, but it kept coming back. Then she tried **dida™**.

"It started little by little. At the beginning I thought it was something I had eaten. But I realised that no matter what I was eating I had the same awful problems. It was the eating itself! My stomach reacted at once, getting bloated and I was plagued by wind. I felt as if there was yeast in my stomach!

Sweets and carbs

It was as if sweets and other things like biscuits, cakes, pasta and potatoes made the problem worse. I really felt quite ill and my friends said I looked pregnant!

Lack of energy

I was constantly tired and in low spirits, all energy had been drained away and always this craving for sweets!

I tried **dida™**.

Then I happened to come across an article regarding a new tablet named **dida™**,



So, I purchased a pack to try. After about 3 weeks I felt **dida™** was starting to work. My stomach did not become so bloated after eating and the flatulence decreased. What joy to be able to eat normally without worrying about your stomach and what to wear to conceal the bump".

This is why **dida™** is so good!

Are you affected by discomfort in your stomach? Many of us live with the problem for years without recognising the cause – often this can be caused by something people commonly know as the "yeast syndrome".

An Imbalance in the stomach can affect your whole body. It can take hold and influence your day-to-day well-being. New scientific research shows that cinnamon and other well known spices and herbs have a positive influence on your health and any imbalance in your stomach.



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NEW NORDIC
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Dida™ tablets are available from **HOLLAND & BARRETT** stores and leading independent health food stores. For an information leaflet call 0800 389 1255. Or purchase online from New Nordic™

Doctors told me to diet OR I'D DIE

Georgina Wallace, 39, from London, lost eight stone after doctors warned her excess weight was potentially fatal

Losing weight didn't just change my life – it saved it. Because when my mum was taken to hospital having suffered a heart attack, the doctor bluntly told me that, at 59 it was her weight that had caused it. And that because I weighed more than her, I might not even make it to her age. It was a stark wake-up call.

Before that, I'd always been aware that I was big – the biggest in my class, the biggest of my group of friends – but I'd never dwelled on it. My family was overweight too and I just assumed that was the way we were made. It wasn't because of the chocolate and crisps I'd scoff down every break at school or the second portions I couldn't resist at home, it was just who I was.

So instead of losing weight, I developed ways to deal with the extra pounds. I never sat down on buses as I took up too much room and I never went shopping.

Instead, my mum made trousers for me and bought me XXXL T-shirts. I always arrived everywhere early so I'd never have to rush and get hot and sweaty and I kept myself in denial by avoiding the scales.

I knew I was neglecting my body but I had no idea it was so serious. So when the doctor told me I could die because I was so heavy, it shocked me to my core.

But at that point, I couldn't deal with my weight. My mum passed away two weeks later, in April 2002, and my dad, who'd been diagnosed with terminal bowel cancer, took a turn for the worse a few months later.

As I returned home to help my sister look after him, I found myself living on takeaways. In the two years I stayed with Dad, I don't think I ate a single piece of fruit or vegetable. At his funeral in October 2004, I was a size 28.

I didn't even think about it until I moved in with a friend in London for my job as a marketing manager in January 2005. She wasn't as big as me but she also wanted to lose weight, so we decided to join a slimming group together.

Facing my fear of the scales seemed to work and I managed to lose nearly seven stone, going from 22st to 15st 7lb. But then I moved to Switzerland with work for a year and all of my good intentions flew out the window.



18st

At 5ft 5in, Georgina was 18st in 2010 (left) and now she's 10st after joining Slimming World



Pictured here on holiday, Georgina used to live on a diet of chocolate, chips and takeaways

When I returned, I was devastated I'd let myself go again. I'd worked so hard and now I felt like I was back to where I'd started from.

Trying to be good, I ordered a salad when I met an old colleague for dinner, while she went for a huge plate of pasta with extra parmesan and a glass of wine. So I couldn't believe it when she told she was a Slimming World member.

Thinking that looked like my kind of diet, I gave it a go and joined my local group in June 2010. At my first meeting, I was terrified – and gutted to find out I'd crept back up to 18st 3lb.

That night, I examined the books and recipes carefully. The eating plan seemed really simple and I decided to follow the leader's advice: "Give it everything."

I threw away all my junk food and stocked up on fruit and veg. I'd always been scared of cooking but I even braved making their chilli con carne. At the end of my first week, I was already five pounds down. I was delighted – not only was I pleased I'd lost weight, I was also loving what I was eating. As my confidence grew, I started experimenting with their pasta sauces and curries. I lost half a stone in just two weeks. And a stone in my first month.

I had porridge with berries for breakfast rather than grabbing a croissant and latte on my way to work. Lunch was homemade soup or a chicken salad, rather than a sandwich with crisps and chocolate. And I could snack on fruit all day.

Within a year, I'd lost five stone and was getting into a size 14. From then on, I took it slowly but by September 2013, I was 11st 7lb and started my own group.

Losing weight was fantastic for so many reasons – being able to shop where I wanted, finding out how much willpower and determination I actually had and finally feeling involved in my life. But the best thing was being able to help other people lose weight too.

For the first time, I was happy to talk about my weight, how I'd struggled and how I'd finally gained control over my food addiction.

As time went on, I was so inspired by the success of my members that I ended up dropping even more weight. Now, I'm 10st 2lb and a size 10. I exercise now and have taken part in a 10K run. I'm fitter than ever before, so my chances of having a heart attack have dropped dramatically. I know my mum and dad would be so proud of what I've achieved – and I couldn't be happier.'

Sarah Whiteley

To find your nearest Slimming World group, visit slimmingworld.com or call 0844 897 8000

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BEYONCÉ, 33

With an estimated net worth of £305 million, it's little wonder Beyoncé has some hard-earned cash to splash on a holiday or six. After finishing her *On The Run* tour last year and enduring several split rumours, Bey and Jay-Z have been putting their relationship and family time first in a series of getaways with their daughter Blue Ivy, three.

Corsica, France – September 2014
Paris, France – November 2014
Iceland – November 2014
Thailand – December 2014
Cambodia – January 2014
Hawaii – April 2015
Coachella, California, US – April 2015

Instagram/beyonce



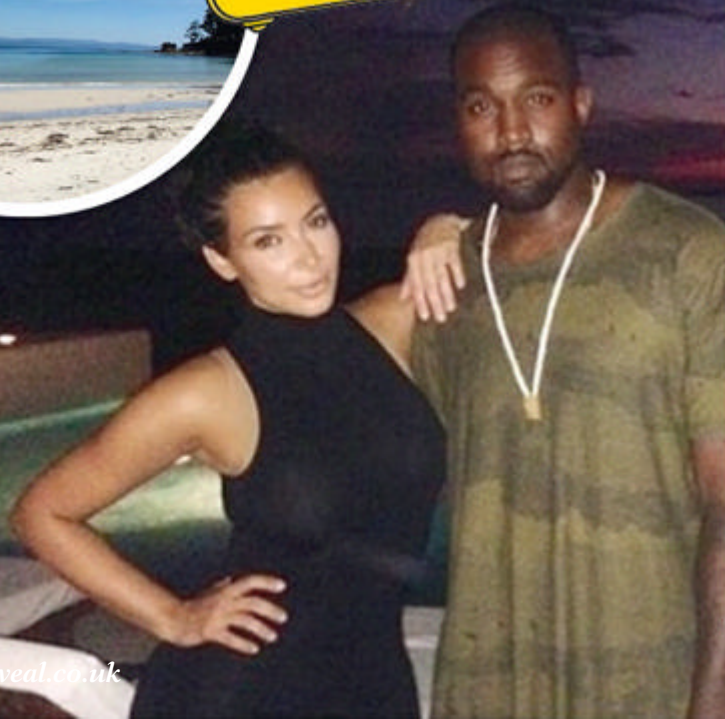
CELEBRITY *jet-set*



KIM KARDASHIAN WEST, 34

When your bum is your brand like Kim Kardashian West, you better make sure that derrière is everywhere! And reality TV star Kim certainly does that. Flying to events such as Paris Fashion Week, to daughter North's christening in Jerusalem (where else?), Kim, North and husband Kanye West have been hot-to-trot around the globe.

Thailand – April 2014
The Hamptons, US – June 2014
Punta Mita, Mexico – August 2014
Sydney, Australia – September 2014
London – September 2014
Hawaii, US – October 2014
Sydney, Australia – November 2014
Dubai and Abu Dhabi, Arab Emirates – December 2014
New York – January 2015
Montana, US – February 2015
London – February 2015
Paris – March 2015
Armenia – April 2015
Jerusalem, Israel – April 2015
Paris – April 2015



Letters

While most of us can only dream of flying off to some far-flung, glamorous location, these famous faces are notching up enough air miles to go into space... quite literally



Twitter/@geordie_chloe

MILLIE MACKINTOSH, 24

For those of you who, like us, drool over Millie's dreamy Instagram pics on a daily basis – you'll know that she's not short of a foreign jaunt or two. Amid her countless 'hotdogs or legs?' snaps and sunset selfies, she even manages to fit in some hard grind (shooting her fashion range in exotic locations).

Malibu, US – May 2014

Zante, Greece – June 2014

Ibiza, Balearic Islands – August 2014

New York – September 2014

Dubai, Arab Emirates – October 2014

Scotland – December 2014

Marrakech, Morocco – February 2015

Marrakech, Morocco – March 2015

Coachella, Indio, California, US – April 2015



Instagram/camiliamackintosh



COLEEN ROONEY, 29

WAGs are known for their lavish lifestyles, and Coleen Rooney is no stranger to luxury. A designer at Littlewoods and TV presenter in her own right, the wife of Manchester United star Wayne and mum-of-two likes to trade the family home in Cheshire for sunnier climes roughly around every 40 days, including flying to Rio for the 2014 World Cup. Butlins aside, she sure has the tan to match.

Dubai, Arab Emirates – April 2014

Rio de Janeiro, Brazil – June 2014

Las Vegas, US – July 2014

Cyprus – August 2014

Paris – September 2014

Barbados – October 2014

Barbados – February 2015

Paris – February 2015

Skegness, Lincolnshire – March 2015



PRINCESS BEATRICE, 26

Poor Beatrice couldn't quite manage a year in the big wide world of work, but she's certainly seen plenty of the planet in her travels over the past 12 months. She landed herself in hot water earlier this year when taxpayers accused her of sponging off the system, but don't they know that she could be saving for Virgin Galactic's first trip into space with boyfriend Dave Clark (who, according to his Twitter, works in 'astronaut relations' for Richard Branson's firm)? One needs enough air miles for space travel, yah?

Abu Dhabi, Arab Emirates – November 2014

New York – January 2015

Verbier, Switzerland – January 2015

St Barts, Caribbean – January 2015 (twice!)

Aspen, Colorado, US – February 2015

Greece – March 2015

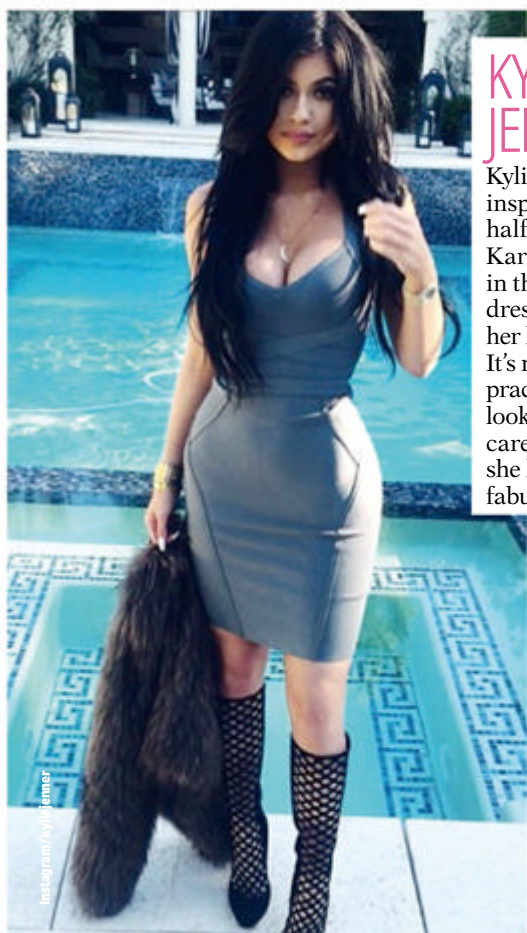
Coachella, Indio, California, US – April 2015



Words: Lauren Hills Photos: Instagram, FameFinger, The Sun, News Syndication, Twitter, Vantage News, WireImage

I WANT *what she's got!*

We show you where the celebs have been shopping this week



KYLIE JENNER

Kylie takes inspiration from half-sister Kim Kardashian West in this bodycon dress showing off her killer curves. It's not the most practical pool look, but who cares when she looks this fabulous!



HOUSE *CB*
LONDON
£110



FERNE McCANN

TOWIE star Ferne is the ultimate military babe in this sleek look. Matching her khaki suede biker jacket to her Chanel bag, Ferne nails this season's utility trend.

LYDIA-ROSE BRIGHT

Essex girl Lydia looks more Hollywood glam in this chic outfit. Wearing her monochrome midi skirt with all black is the sure-fire way for her to look simply stylish.



coast
£95



MISSGUIDED
REBEL, LOVE AND FREEDOM
£40

MISSGUIDED
REBEL, LOVE AND FREEDOM
£45





INTHESTYLE
£32⁹⁹



CHARLOTTE CROSBY

Geordie Shore's Charlotte wows in a pink bodycon minidress from her own collection at inthestyle.com. She certainly knows how to show off her now super-fit body with this colour-pop frock. Good work, Charlotte!



INTHESTYLE
£27⁹⁹



KATY PERRY

Pop star Katy Perry is never one to shy away from an eye-catching outfit and her Coachella festival looks were no different. Going for serious statement accessories with a tribal collar and earrings, Katy adds a touch of high street with these chic cat-eye sunnies.



Quay at
ASOS
£25

MY DAUGHTER'S TUMOUR *cured* itse

Mum-of-two Sam Duncan, 28, was terrified when her daughter Brooke was diagnosed with cancer of the eye. But then a miracle happened...

The "C" word is terrifying and brings up all sorts of desperate images. Hair falling out, faces becoming gaunt or bloated because of steroids. So when I found out my daughter, Brooke, had a tumour behind her eye, I panicked. Not outwardly – I didn't want to worry her – but inside, I was hysterical.

I'd always felt so lucky to have my family. James, my husband, worked in the RAF and we had two children, Brooke, now eight, and James, five. They're both happy, bright and bubbly children and, although they fight like cat and dog like most siblings, they are also best friends.

But in June 2013, my daughter began complaining of headaches.

I just thought she was watching too much television so I told her to take regular breaks from the screen. When she started saying she was constantly exhausted, I put her to bed earlier.

When the symptoms lingered, James, 29, suggested she might need glasses, so we booked an appointment at our local opticians in Elgin, Moray. Brooke's test showed that she did need glasses – but there was also a shadow behind her left eye. "I'm sure it's nothing but I'd have her checked out at Elgin Hospital," the optician advised.

Doctors there suggested it could be a cyst but, admitting they weren't sure, they referred us to Royal Aberdeen Children's Hospital. By now, my fears were escalating and even my usually calm husband had started wondering why, if nothing was wrong, we were being referred again.

At Aberdeen, doctors discovered that Brooke had a rare condition called Ehlers-Danlos Syndrome, which meant her joints were hypermobile and her bones were fragile, and could be fractured easily.

As we struggled to learn about the condition, our attention was distracted from Brooke's eye. So when doctors at Aberdeen called in December and said they were referring her to the retinoblastoma unit at Birmingham's Children's Hospital, I was stunned.

Having never heard of it before, I immediately turned to the internet. And what I found made me freeze. Cancer. It was like my worst fears were being realised.

Because of Christmas, our appointment wasn't for another fortnight and, as James was serving in Afghanistan, I forced a smile and celebrated the festive season with the children as well as I could.

In January last year, Brooke spent a full day undergoing



various tests, ultrasounds and having the back of her eyes photographed extensively.

The results confirmed she had a cancerous tumour behind her eye. As the doctor explained they'd need to do more tests before they decided on her treatment, my eyes strayed to Brooke playing innocently with her brother. My gorgeous, funny little girl had cancer? She could die? It seemed impossible.

"You've got a snowflake in your eye," I told her gently, comparing it to the weather outside that she loved. "You need some treatment to make you better." But Brooke was unfazed, pausing her game briefly to nod brightly at me.

Next I had to call James. I didn't want to tell him when he was so far away but he



Brave Brooke gets a cuddle from little brother James

OUR If

'To be told she was clear was mind-blowing'

Brooke, with mum Sam, is now healthy but needs regular check-ups

had to know. My voice cracked as I said the words. I hated to be the one to throw his world into chaos.

I managed to make it through the rest of the day, pulling Brooke in for close cuddles whenever I got the chance. But when I put her and James to bed, the sudden silence gave me time to think. Stunned by the surreal day, I was convinced it couldn't be true, that I must be dreaming. Or rather, having a nightmare.

But the next day, when we woke up and returned to the hospital, I knew it was real. Brooke endured more tests and I gripped her hand, wishing I could be in her place, take away the pain I knew would soon be coming. But when the doctor called us in for the results, he had shocking news.

"I can't explain this but the tumour has regressed," he said. "In effect, it's died."

My mind spun, barely able to keep up with the news. But he showed me the pictures and talked me through what they'd seen the day before and today.

"Are you sure?" I kept asking. But they were. To understand how the tumour had died, he explained he'd have to remove my daughter's eye, which obviously wasn't an option, but he was adamant it had stopped itself. He'd never seen anything like it.

I can't explain what it felt like to have such horrendous news, followed by such a relief. To have gone from fearing for my daughter's life one day, then to be told she was clear the next, was mind-blowing. I've never felt more grateful.

The doctor warned us the tumour could start to grow again and organised regular check-ups. But so far, it hasn't. Further tests have confirmed that Brooke has a rare blood mutation that causes tumours to grow, so we've told her she might need to be looked after a bit more than her friends.

However, at the minute, she is fine. She has had to quit her kick-boxing club because of her fragile bones but she enjoys going to Brownies, swimming and she can even do gymnastics.

Throughout it all, Brooke has been amazing, as strong and smiley as ever. A lot of parents may think their child is a one-in-a-million, but mine is even rarer than that.

Lucy Laing & Sarah Whiteley

COUPLES CONFIDENTIAL

Your weekly temperature check on celeb romances

GEMMA & ANDY **SHOCK SPLIT**



Twitter/@gemmaoaten

Emmerdale actress Gemma Oaten has sadly split from her boyfriend of five months, just weeks after telling *Reveal* she believed he was The One.

In our interview, Gemma, 30, who plays Rachel Breckle in the ITV soap, said that she and fellow actor Andy Barnes had discussed marriage and babies. 'I've always wanted to be a mum and a bride... we're on the same page but we're not in any rush,' she said.

But things weren't meant to be, as Andy broke things off after confessing he was struggling to cope with her fame and life in the limelight.

The heartbroken star posted on Twitter, 'If it's meant for you, you won't have to beg for it. You will never have to sacrifice your dignity for your destiny,' before adding, 'Always be you and I'll be me and we'll be just great. #respect.'

JUSTIN & JESSICA **TIMBER-BABY!**

Justin Timberlake and wife Jessica Biel have welcomed their first child into the world – a boy named Silas Randall Timberlake.

Since the birth, the couple's rep confirmed both mum and baby were doing well, with Justin, 34, apparently 'ecstatic' over the arrival.

The pair, who married in 2012, only confirmed the rumours of pregnancy on Justin's birthday in January, after he posted a pic on Instagram of him kissing 33-year-old Jessica's bump.

And though the couple have yet to comment since the birth, Justin's mum Lynn was quick to congratulate the couple on Facebook, saying, 'My amazing son and his beautiful wife have given us the most precious gift in the world! Life is beautiful and we couldn't be happier! My face hurts from smiling so much.'



Kim's dress needed some assistance!



**THE
ROCKY
ROAD
OF LOVE**

SIMON COWELL, 55



In 1975, 80s model Paula Hamilton, 54, began dating Simon Cowell who she dubbed her 'childhood sweetheart'. In an interview, Paula described the music mogul as 'funny and rebellious,' before confessing she'd lost her virginity to him aged 16.



In 1984, Simon started dating pop star Sinitta, 51. Despite her having an affair with singer David Essex while with Simon, the pair have remained close friends – even going on regular holidays together.



KATHERINE & ANDREW AUTUMN BABY

Opera singer Katherine Jenkins is having a baby with her husband, film-maker Andrew Levitas, 37. Katherine, 34, posted on Twitter, 'Couldn't be more excited to meet our little girl! #mummytobe #daddytobe #family.'

The Neath-born star added a photo of their wedding portrait topped with some pink ballet shoes.

The couple, who married at Hampton Court Palace in Surrey in September, also released a statement saying, 'We are overjoyed to be expecting our first child in the autumn. Starting a family and moving into this exciting phase of our lives is a blessing for which we are incredibly grateful.'



Andy's mum Judy wore white and silver for the occasion

ANDY & KIM JUST MURRAY-ED!

After 10 years together, tennis star Andy Murray finally wed Kim Sears in his hometown.

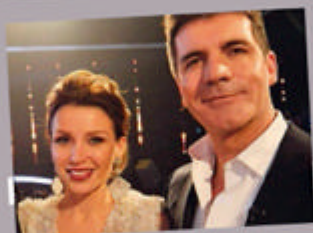
The newlyweds, who announced their engagement in November, tied the knot at Dunblane Cathedral in a small ceremony surrounded by their families and close friends.

Artist Kim, 27, wore a dazzling Jenny Packham dress, while 2012 Wimbledon champ Andy, also 27, stuck to his roots, wearing a traditional kilt for the occasion.

The private couple didn't reveal much to fans about their big day, although Andy tweeted a range of emojis hinting to their plans, including an umbrella, a picture of a church, a ring, a kiss and a cake.



Seventeen years on, Simon dated his longest-standing girlfriend Terri Seymour, 40, for seven years. But despite dumping Simon in 2008, Terri continued to live in his house for three years. Awkward!



In 2012, Simon's unauthorised biography revealed he'd slept with fellow X Factor judge Dannii Minogue, 43, in 2007. Simon admitted 'I had a crush on her. It was her hair, the sexy clothes and the t**s.'



Simon began dating make-up artist Meaghan Hussey, 41, in 2009 before proposing to her on Valentine's Day 2010. Just a year later, the two split after a series of rows - but not before Simon gave her his £5 million mansion in Los Angeles as a parting gift!



Since 2013, Simon has been seeing New York socialite Lauren Silverman, 37, after news got out Lauren was having Simon's baby - just two weeks after her hubby filed for divorce. Following the birth of Eric, now one, Simon's said he'd love more children and would consider adoption.



Katherine Parkes



Clinically proven 8 hours itch relief. There's no trick, but there is a science.

We call it Oilatum. Clinically proven to significantly reduce itching for up to 8 hours, it's what your baby needs for long-lasting relief from dry, itchy and eczema-prone skin.

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74% of mums felt it left them more in control of their child's dry skin.*

Take comfort in our science.®

Always read the label.

*Unbranded 2-week consumer research study on 150 mums with children with dry skin, aged 6-36 months.

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Skin Science Solutions

**DISCOUNT
SHOPPING
SPECIAL**

Reveal

**20
EXTRA
PAGES!**

**20 FASHION
BRANDS**

INCLUDING

BOOHOO 20% OFF

**STORM
WATCHES 20% OFF**

**SUNGLASSES
SHOP 15% OFF**

MOTEL ROCKS 20% OFF

JANE NORMAN 20% OFF

**GORGEOUS
COUTURE 20% OFF**

LAVISH ALICE 20% OFF

PLUS

**Over 1/3 off
celebs' fave
hair salons**

**Fabulous
fragrances
for less**

**DISCOUNT
SHOPPING
SPECIAL** **Reveal**

Summer

Kick off your hottest wardrobe ever with exclusive discounts



» Playsuit, pre-discount, £45, motelrocks.com

» Necklace, pre-discount, £59.99, stormwatches.com

» Heels, pre-discount, £29.99, publicdesire.co.uk

» Bag, pre-discount, £10, boohoo.com

» Dress, pre-discount, £48, lavishalice.com

» Heels, pre-discount, £24.99, stylistpick.com

» Necklace, pre-discount, £16, adorningava.com

» Top, pre-discount, £38, lavishalice.com

» Shorts, pre-discount, £18, boohoo.com

» Sandals, pre-discount, £25, simmishoes.com

» Bikini top, pre-discount, £22, and bottoms, pre-discount, £18, southbeachofficial.com

» Shoes, pre-discount, £24.99, publicdesire.co.uk

» Necklace, pre-discount, £12, adorningava.com

starts here!

on all these outfits and more. Turn over for how to get the offer...



› Jacket, pre-discount, £35, [Jane Norman](#)
› Bralet, pre-discount, £59, [overmybody.com](#)
› Trousers, pre-discount, £29.99, [inthestyle.com](#)
› Heels, pre-discount, £29.99, [adorningava.com](#)

› Dress, £25, [boohoo.com](#)
› Bag, £29, [LYDC.co.uk](#)
› Wedges, £19.99, [stylistpick.com](#)

› Bikini, pre-discount, £44, [bahimi.com](#)
› Kimono, pre-discount, £18, [boohoo.com](#)
› Heels, pre-discount, £29.99, [publicdesire.co.uk](#)



» Top, pre-discount, £18, boohoo.com

» Skirt, pre-discount, £99.99, overmybody.com

» Heels, pre-discount, £18, boohoo.com

» Bag, pre-discount, £10, boohoo.com

» Sunglasses, pre-discount, £6, boohoo.com



» Dress, pre-discount, £119, gorgeouscouture.com

» Heels, pre-discount, £28, simmishoes.com

» Necklace, pre-discount, £12, adorningava.com



» Pinafore, pre-discount, £39, motelrocks.com

» T-shirt, pre-discount, £18, pretaportobello.com

» Plimsolls, pre-discount, £12.99, stylistpick.com

**DISCOUNT
SHOPPING
SPECIAL** **Reveal**

GET AMAZING
DISCOUNTS AT ALL
THESE WEBSITES
BY ENTERING THE
CODES BELOW AT
THE CHECKOUT

Accessoryo.com 20% off
CODE: ACC20
Adorningava.com 20% off
CODE: REVEAL20
Bahimi.com 20% off
CODE: REVEAL20
Boohoo.com 20% off
CODE: REVEAL20
Gorgeouscouture.com
20% off **CODE: REVEAL20**
Inthestyle.com 20% off
CODE: REVEAL20
Janenorman.co.uk 20% off
CODE: REVEAL20
Lavishalice.com 20% off
CODE: reveal20
Lydc.co.uk 20% off
CODE: reveal20
Motelrocks.com 20% off
CODE: REVEAL20
Overmybody.com 20% off
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Pretaportobello.com
20% off **CODE: reveal20**
Publicdesire.co.uk 20% off
CODE: REVEAL20
Simmishoes.com 20% off
CODE: REVEAL20
Southbeachofficial.com
20% off **CODE: REVEAL20**
Stormwatches.com 20% off
CODE: STORMREVEAL20
Stylistpick.com 20% off
CODE: reveal20
Sunglasses-shop.co.uk
15% off **CODE: REVEAL15**
Swimwear365.co.uk
20% off **CODE: SGBP**

» Swimsuit, pre-discount, £35,
swimwear365.co.uk
» Heels, pre-discount, £25, simmishoes.com
» Sunglasses, pre-discount, £69,
Ralph at Sunglasses Shop
» Bag, pre-discount, £28.50, accessoryo.com

» Jumpsuit, pre-discount, £50, Jane Norman
» Heels, pre-discount, £20, simmishoes.com
» Watch, pre-discount, £149.99,
stormwatches.com

Offers valid until Tuesday
5 May 2015 on full price
items only, one discount
per person and not in
conjunction with any other
offer. See individual sites
and reveal.co.uk for full
terms and conditions.

Fashionista's DESIGNER safe secrets

When it comes to labels for less, I'm all ears. Anything that means I can afford more designer handbags has got to be a good thing. Here are my tips for bagging those discounts



GIVE TO CHARITY

Everyone knows you can find gems in charity shops, but to increase your hit rate, try one of Oxfam's Boutiques, located all over the country. Find a list at oxfam.org.uk/shop/local-shops/oxfam-boutiques

Specialising in vintage and designer donations, it's less Primark and more Prada. And you'll get a priceless, feel-good glow knowing your money's gone to a good cause.

HIT THE SAMPLE SALE TRAIL

Big designer brands tend to hold sample sales twice a year, where you'll find heavily discounted samples and over-stock. Entrance is usually a few pounds. Expect one-offs rather than the full range of sizes, but if you're lucky you could bag yourself a wardrobe full of designer originals at bargain basement prices.

Stylebarista.com is a shopaholic's dream, listing upcoming sample sales by month. To make sure you don't miss out on last-minute updates, your best bet is to follow @stylebarista on Twitter. April's sales include Stella McCartney and Matthew Williamson and there's even a 'sample sale shopping tips' section.

MATTHEW WILLIAMSON



EARN WHILE YOU SHOP

You can get paid to shop your favourite labels from the comfort of your home.

Reiss, AllSaints, Ted Baker, Jaeger and Superdry are some of the 700-plus brands you'll find on members-only site topcashback.co.uk, where you can get up to 10.5 per cent discounts.

You can either use the site for free, or get higher rates of cashback and bigger bonuses in exchange for £5 of your annual cashback earnings.

On average, TopCashback members earn £356 cashback a year by clicking through the site to make purchases – just enough to treat myself to a Mulberry Mini Lily for £350.



Mulberry bag, £350

GET OUT OF TOWN

Shopping outlets are still the place to find some of the biggest discounts on designer labels. With centres in Bridgend, Cheshire, Derbyshire, Kent, Swindon and York, McArthurGlen is the UK's leading designer outlet, offering luxury, premium and high street fashion at up to 30-70 per cent off.

Bicester Village in Oxfordshire is another spot for great finds. And if it's a specific brand you're after, Mulberry, Barbour, Aquascutum and Burberry have factory shops offering big discounts – look online at bicester-village.com for details.

French Connection dress, was £180, now £108, McArthurGlen Designer Outlets UK



BALMAIN



MORE FLASH, LESS CASH

Sign up for notifications from sites like en.vente-privee.com, secretsales.com and brandalley.co.uk for an invitation-only chance to snap up designer buys in flash sales – with up to 70 per cent off.

If you prefer to shop when it suits you, then theoutnet.com, by the people behind online boutique net-a-porter.com, has a constantly updated stream of discounted designer gear, from Balmain to Balenciaga, to keep label lovers happy.

» Issa dress, was £550, now £248, theoutnet.com



PUT YOUR FEET UP

If it's shoes you're after, there's no need to leave the comfort of your own home. Shoeholics.com is the go-to online outlet for the best deals on 3,000-plus designer brands. It's run by Kurt Geiger, so you'll find Carvela and Kurt Geiger alongside UGG Australia, Converse, Hunter and more.

It's also home to a selection of jewellery, sunglasses and bags.



» Miss KG Edie heels, were £75, now £45, shoeholics.com

CLEVER CREDIT

You can still get your high-street fix for less. Outfit – outfitfashion.com – has some of our most-loved brands – think Topshop, Miss Selfridge, Oasis, Warehouse, Wallis, Dorothy Perkins and Evans – all under one roof in 70 out-of-town locations across the UK.

You'll find the same stock as your high-street branch, and it's a goldmine for the best sale pieces that have sold out in more mainstream stores.

Although prices aren't discounted, with an Outfit Mastercard you can get up to 70 per cent off with their Outfit Voucher Rewards Book and – as long as you pay off your balance in full and on time – you get up to 56 days interest free, avoiding the hefty 29.9 per cent APR.



» Versace Collection bag, was £761, now £299, TK Maxx

MAXX OUT

Not all shopping outlets require a day trip. If you're a city-dweller or prefer online shopping to packed shop floors, TK Maxx online, tkmaxx.com, is for you. It adds new big brand gems daily and are always up to 60 per cent off.

Now with flash sales on the biggest designer names, offering even bigger discounts, and with free returns to store and free delivery over £50, this is outlet shopping with lots of extra benefits.

**DISCOUNT
SHOPPING
SPECIAL** **Reveal**

Style SAVVY

Be excited, ladies: we've bagged money off at these top 20 brands! From holiday must-haves to your working wardrobe, we've cut the cost for you by up to 20 per cent. You're welcome!

Daytime chic



» Dress,
pre-discount, £20



» Kimono,
pre-discount, £15

**20%
OFF**
CODE:
REVEAL20

BOOHOO.COM

For up-to-the-minute style, this soaraway online brand is the go-to place for celebs – Lauren Pope is a fan – and us ordinary girls alike. Top up your spring wardrobe with the latest hot-off-the-catwalk drops, and save 20 per cent.





20% OFF
CODE:
WELOVEPPB

Blazer, pre-discount, £45

Shorts, pre-discount, £25

PRETAPORTOBELLO.COM

If you're looking for multiple brands all in one place, then this online fashion market is the place to go. Head to the brands' individual stalls to pick up new-in trends, or go to the vintage section for one-off pieces. You can even click haggle to bargain with a seller to get it for even less!



20% OFF
CODE:
reveal20

Pre-discount, £39

Pre-discount, £42

LYDC.CO.UK

Pastel arm-candy is always a winner for spring/summer so this little lot over at lydc.co.uk is sure to update any outfit.



Top, pre-discount, £38,

Shorts, pre-discount, £42,

Dress, pre-discount, £58

20% OFF
CODE:
reveal20

LAVISHALICE.COM

For statement outfits that can be taken from day-to-night just by switching from sandals to heels, head to this boutique web store. With all the latest trends from utility to pastels there's something for everyone. Because we love you, there's 20 per cent off.



STYLISTPICK.COM

The 70s is a big trend for spring/summer and stylistpick.com has got it covered. From printed maxi dresses to pussy-bow blouses there's everything you need at super affordable prices.



Necklace, pre-discount, £16



Maxi dress, pre-discount, £42

Perfect with a floppy hat

20% OFF
CODE:
reveal20



Shoes, pre-discount, £20

STORMWATCHES.COM

British brand STORM is renowned for its unique, high-quality watches – and now it's added a new jewellery collection to the mix. Nicole Scherzinger and Alesha Dixon are all fans... need we say more?

**DISCOUNT
SHOPPING
SPECIAL** **Reveal**

Evening glam

INTHESTYLE.COM

Lauren Pope has launched her third collection for inthestyle.com. With spring prints and pastel hues on cute shift dresses and statement jumpsuits, Lauren shows we don't have to go bodycon for evening, a crisp white suit and crop top is the perfect 'out out' look. Get a cheeky 20 per cent off here.

**20%
OFF**
CODE:
REVEAL20

Pre-discount,
£29.99



Pre-discount,
£24.99



Pre-discount,
£29.99

**20%
OFF**
CODE:
REVEAL20

PUBLICDESIRE.CO.UK

Glam heels are essential for a night out. Take any outfit straight into evening territory with a pair of killer heels, from cut-out details to the ultimate barely-there, anything goes as long as they add inches to your pins. Get the latest styles at publicdesire.co.uk.

Jumpsuit, pre-discount, £45



Crop top, pre-discount, £23.99

Skirt, pre-discount, £39.99

Shoes and jewellery, stylist's own

LAUREN POPE



OVERMYBODY.COM

Fantastic brands that are suitable for all budgets, including AQ/AQ, Mink Pink and Evil Twin make this the go-to site for gorgeous pieces that are sure to stick around in your wardrobe. Get the A-list treatment with an extra 20 per cent off.



Dress,
pre-discount,
£155

Dress,
pre-discount,
£180

Dress,
pre-discount,
£85

**20%
OFF**
CODE:
reveal20



Necklace,
pre-discount, £22

**20%
OFF**
CODE:
REVEAL20



Earrings,
pre-discount, £10



Necklace,
pre-discount, £22

ADORNINGAVA.COM

Got a little black dress that needs a new lease of life? Simply add one of these gorgeous pastel gemstone accessories and you'll have your party outfit ready in an instant. Get 20 per cent off here.



Dress,
pre-discount,
£45

**20%
OFF**
CODE:
REVEAL20

JANENORMAN.CO.UK

With glam monochrome and colour-pop pieces there's something for everyone to look super chic. Not just for day, these sleek separates look just as good with sunnies and a floppy hat as they do for night with a pair of killer heels.



Dress,
pre-discount,
£119

Dress,
pre-discount,
£119

Dress,
pre-discount,
£189

GORGEOUSCOUTURE.COM

There's a dress or jumpsuit for all special occasions here, in every colour, too. From your wedding guest outfit to your summer season frock, you'll want to snap up them all and now you can with an extra 20 per cent off.

LEIGH-ANNE PINNOCK

DISCOUNT
SHOPPING
SPECIAL

Reveal

Holiday shop

SWIMWEAR365.CO.UK

When you're getting ready to jet off on holiday, this is your one-stop shop. You can get fabulous bikinis and holiday essentials all year round at swimwear365.co.uk. Go for bright colours and Hawaiian prints to show off a tan.

» Swimsuit,
pre-discount, £45

» Cover-up,
pre-discount, £30

» Playsuit,
pre-discount, £35

Just add
metallic
sandals

SOUTHBEACHOFFICIAL.COM

For all your beachy needs, head to this site for swimwear that celebs love, with all the bikinis, swimsuits and holiday essentials you could want.



» Top, pre-discount, £26

» Bottom, pre-discount, £18



» T-shirt, pre-discount, £17



» Shorts, pre-discount, £28



» Bag, pre-discount, £25

20%
OFF

CODE:
REVEAL20

» Bikini, pre-discount, £9,
southbeachofficial.com



» Swimsuit,
pre-discount, £29

» Maxi dress,
pre-discount, £60

» Bikini, pre-discount, £32

**20%
OFF**
(FIRST ORDER
ONLY) CODE: SGBP

» Pre-discount, £25



**20%
OFF**
CODE:
REVEAL20

SIMMISHOES.COM

A girl can never have enough shoes so why not stock up on gorgeous bright sandals, printed courts and sliders with an extra 20 per cent off for your summer holiday. From as little as £8 a pair, you can get them in every hue.

» Pre-discount, £20



» Pre-discount, £22



» Pre-discount, £10



» Pre-discount, £10



» Bikini,
pre-discount,
£40



» Bikini, pre-discount, £40



**20%
OFF**
CODE:
REVEAL20

BAHIMI.COM

Chloe Sims, Billie Faiers and Luisa Zissman are all fans of Bahimi's glam bikinis – but you don't need a holiday home in Marbs to afford one. Perfect your poolside look with 20 per cent off bikinis and dresses.

**15%
OFF**
CODE:
REVEAL15



» Pre-discount, £190, Chloé



» Pre-discount, £74, DKNY



» Pre-discount, £69, Ralph by Ralph Lauren



» Pre-discount, £135, Ray-Ban

SUNGLASSES-SHOP.CO.UK

Designer sunnies for less? Yes please! Grab some amazing ones from all the top brands, including Chloé, DKNY, Ralph by Ralph Lauren and more with a rather wonderful 15 per cent off.

DISCOUNT SHOPPING SPECIAL **Reveal**

» Playsuit, pre-discount, £40



» Bikini, pre-discount, £37

MOTELROCKS.COM

This is the perfect place to get all your summer outfits. Layer the stand-out bikinis with clashing print kimonos for the ultimate holiday look.

Just add a floppy hat and oversized sunnies

» Dress, pre-discount, £40

» Accessories, stylist's own



20% OFF
CODE: MOTEL REVEAL20



» Glasses, pre-discount, £15

» Necklace, pre-discount, £16

ACCESSORYO.COM

Accessories can sometimes be all you need to complete an outfit, and these fabulous picks are holiday essentials. Team a floppy hat and sunnies with a maxi dress for a 70s vibe, and with an extra 20 per cent off you can add the tassel bag and feather necklace, too! Let's face it: you can never have too many accessories...



» Hat, pre-discount, £28



» Bag, pre-discount, £20

20% OFF
CODE: ACC20

REVELATIONLONDON.COM

This super-stylish new travel label is guaranteed to get your holiday off to a bright start. Durable and affordable, a Revelation case will keep your holiday wardrobe safe and sound, and won't let you down in the style stakes. *Reveal* readers can save 15 per cent with our exclusive code.

» Set of three cases, pre-discount, £240



Offer valid Tuesday 5 May 2015 on full price items only, one discount per person and not in conjunction with any other offer. See individual sites and reveal.co.uk for full terms and conditions.

15% OFF
CODE: REV15

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TREATMENT FOR
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95% noticed reduced
redness – clinically proven.*
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LloydsPharmacy

 **Community
Pharmacy**


**day lewis
Pharmacy**

 **+well**


**rowlands
pharmacy**

 **Superdrug**


let's feel good

*Average symptom improvement in 8 weeks. Data on file.



BEAUTY DEALS & steals

From purse-friendly designer scents to fake tan that's a fraction of the price, check out the best sites for savvy shopping and the online deals you won't want to miss, plus exclusive extra discounts

Many beauty products find their way onto what is known as the 'grey market' – products are bought in countries where they're cheaper, then re-sold at a lower price over here. They often end up on unauthorized websites (or certain eBay sellers) with no guarantee they're authentic or in-date.

Not all discount websites are quite so risky though. Some are able to offer fabulous bargains simply because they're online-only – they don't have the hefty costs of a walk-in store to worry about, so can pass the discounts on to you, the shopper! We've compiled a guide to the best, safe sites.

SUPER SPEEDY DELIVERY

Hate waiting for your goodies to arrive? You'll love **lookfantastic.com** that posts in an impressive two to three days (compared to the standard five to seven), with free delivery no matter how much you spend. It boasts bargain skincare, make-up, body buys... the works! The range of slashed-price pro hair brands is especially good.

Get an extra 10 per cent off with code **REVEAL BEAUTY***

THE GEMS

Wella SP Luxeoil Keratin Restore Hair Mask, £23.40, worth £39

A deep-conditioning treatment, recommended by top hairdressers. It leaves damaged locks seriously silky.

LookFantastic.com Beauty Box, £15, worth £45

Contains six beauty samples, the selection is a surprise but in the past, it's included luxe labels like Kerastase and Elemis.



BEST FOR SWISH SKINCARE

Make-up artists and dermatologists are obsessed with French skincare brands – renowned for being really effective but super-gentle. In the past, beauty gurus would stock up on these wonder buys during their trips across the Channel. Now? They make

a beeline for **escentual.com** which stocks all the heroes, with a two-day delivery. No trips to Paris required!

Get an extra 10 per cent off with code **REVEAL10***



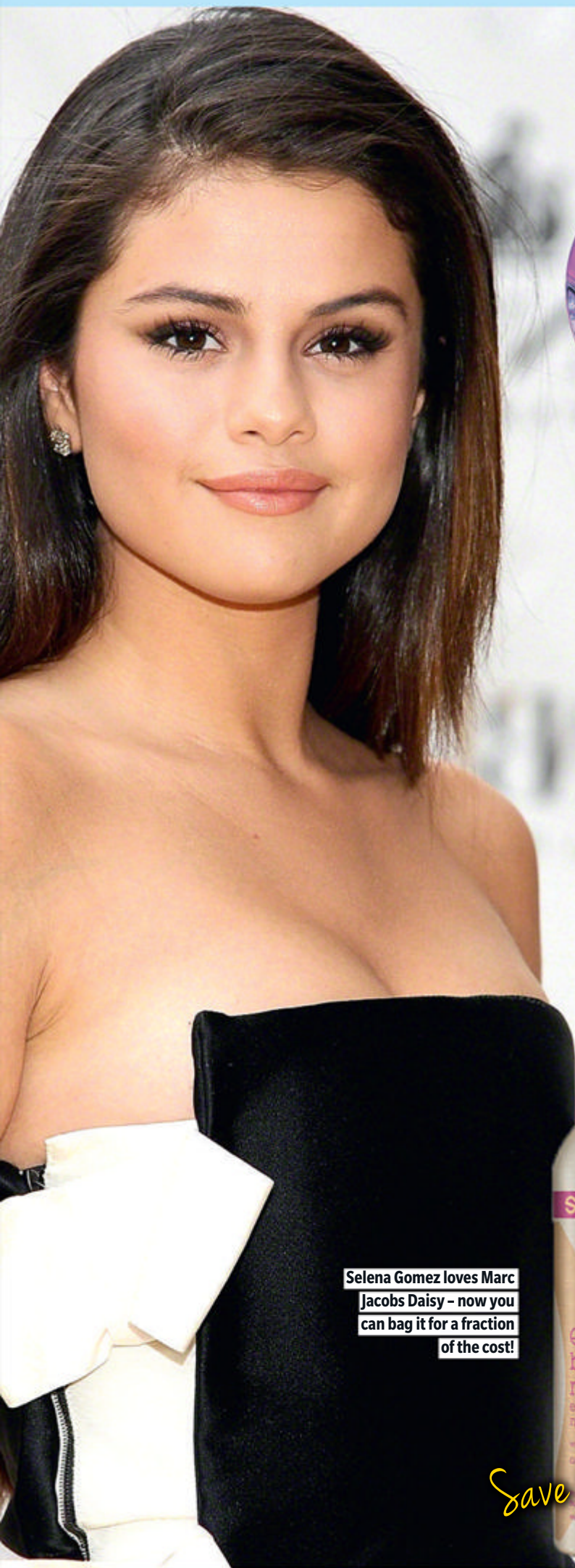
THE GEMS

La Roche-Posay Serozinc Spray, two for £10, worth £8.50 each

A genius spritz for blemish-prone skin, containing just three ingredients. They target spots, marks and oiliness. Use on the go or as a toner.

Bioderma Sensibio Tolerance +, £15

This soothing cream instantly takes down redness and gives irritated skin that 'ahh' feeling. It comes with a free Bioderma Sensibio H2O Micellar Water (worth £4.80) – celebs' fave make-up remover.



Selena Gomez loves Marc
Jacobs Daisy - now you
can bag it for a fraction
of the cost!



Save £10



Save £34



Save £24

FAB FRAGRANCES FOR LESS

If it's cash-savvy scents you're after, **fragrancedirect.co.uk** is unbeatable. There's no need to worry about getting a good deal - every single product comes with a reduced price tag! All the big name brands are listed, including retro scents and newbies. There's even a smaller selection of skin, hair and make-up which offer impressive price cuts, especially on discontinued lines.

THE GEMS

Vera Wang Princess EDT 100ml, £25.99, worth £60

A best-selling 'floriental' blend of vanilla, dark chocolate, waterlily and amber. Ideal for after dark.

Marc Jacobs Daisy Eau So Fresh EDT 75ml, £31.99, worth £56

This cocktail of green notes gets our vote for daytime. Selena Gomez wears it too!

BIGGEST CHOICE OF BRANDS

It's no wonder **feelunique.com** is loved by A-list beautifiers including Kylie Minogue's make-up artist. It offers 500 brands and 20,000 products! While it's not the most cut-price of the bunch, the slick navigation and tips from industry experts make you feel like you're browsing a high-end department store. There's a fab range of customer reviews too.

THE GEMS

Bare Minerals A Flawless Future Collection, £30, worth £60

While the high street price of this set is £60, the full value of the seven products inside is actually £130. Talk about a bargain!

Sienna X Q10 Bronzing Mousse, £14.95, worth £24.95

We've spotted some fab deals on fake tan. This buy's a good'un - Jessie J and Ellie Goulding have raved about the bronzing brand.

***Some brands on sites may be excluded from the 10 per cent discount. See individual websites for full terms and conditions. Offer valid until 5 May 2015.**



Save £30

**DISCOUNT
SHOPPING
SPECIAL** **Reveal**

Bargain



SAMANTHA KARNEY, 24, A STUDENT FROM SWANSEA

DESCRIBE YOUR LOOK: Versatile. What I'm wearing can affect how I'm feeling so it's important I get my look right.

'GO TO' SHOPS? River Island for staples and I love Miss Selfridge, especially for heels. Accessorize is great for extras.

MONTHLY BUDGET? About £50-£75, but I spend more at the start of each season. I'm a seasoned bargain hunter so about half my purchases are in sales. Student discount comes in handy, too!

STYLE ICONS? Taylor Swift looks flawless in everything. I love the Elie Saab gown she wore at the Grammys.

FAVE TREND? Pleats, which can be super flattering, fringes and tassels, to

create an edge to an outfit.

BEST BARGAIN BUY? My £20 coral coat from Primark [see above]. It's lasted better than more expensive ones. I love people's faces when I tell them!

FASHION FAUX PAS? I bought a Dolce & Gabbana watch a few years ago that was eye-catching for the wrong reasons! Once I realised it was an eyesore, it was banished to a drawer.

TREASURED ITEM? My Fiorelli cross-body bag. It's perfect for going from day to night.

WISH LIST? I've got my eye on a DKNY rose gold watch. I'll be sure to drop hints before my birthday!



EMILY HIGGINS, 20, A STUDENT LIVING IN NORTHAMPTON

DESCRIBE YOUR LOOK: Feminine and classy. I'm a big fan of statement pieces.

'GO TO' SHOPS? I love high street, especially Zara for eye-catching, affordable fashion. It's got to be Primark for a bargain.

MONTHLY BUDGET? I'm a big bargain hunter so about £30 but it's more when my mum takes me shopping!

STYLE ICONS? Blake Lively and Taylor Swift. They have such impeccable style in what they wear and how they wear it.

FAVE TREND? I'm loving the lace-up boots Zara have just brought out! I also love spring colours – baby blue and lemon are my favourite.

BEST BARGAIN BUY? A necklace from H&M in Cologne. It was reduced to 75p!

FASHION FAUX PAS? When I was 17, I got boots for £80 in a sale. I didn't try them properly and they were so uncomfortable I never wore them.

TREASURED ITEM? My Michael Kors watch. I wear it every day and get loads of compliments.

WISH LIST? A Chanel handbag. I've been saving up for ages but don't have nearly enough yet!

hunters

Four Reveal readers open their wardrobes and spill the beans on their best buys, fashion faux pas and the items they couldn't live without...



OLIVIA HUNT, 20, A PROJECT CO-ORDINATOR FROM MILTON KEYNES

DESCRIBE YOUR LOOK: Effortless and sophisticated. I try to put my own spin on current trends, incorporating small bits into my outfit, like a certain bag or piece of jewellery.

'GO TO' SHOPS? Zara captures a classy look and is always on-trend. I know I can rely on Topshop for something for the weekend and H&M and asos.com for a bargain.

MONTHLY BUDGET? Around £150-£200. A big proportion of my salary goes on shopping – my bank statement is mainly just purchases in Zara and Topshop! I try to make the most of the sales but I do often end up making a lot of impulse buys too.



RHIANNE HOOTON, 21, A STUDENT AND SALES ASSISTANT FROM WARRINGTON

DESCRIBE YOUR LOOK: If it looks good on me, I'll wear it! I have to be smart for work so I go for skirts and dresses rather than trousers.

'GO TO' SHOPS? I love asos.com as well as New Look, Warehouse and River Island on the high street.

MONTHLY BUDGET? £100-£200. Since I started working at Radley I've got obsessed with bags – my collection's grown to 22!

STYLE ICONS? Blake Lively always looks amazing. Nicole Scherzinger looks sexy yet classy, and playful.

FAVE TREND? I love monochrome, like Reese Witherspoon's Oscars dress. It's classic.

BEST BARGAIN BUY? Black ankle boots from a New Look sale for £10. I love statement necklaces to jazz up outfits – I've got 17. My favourite's the one I'm wearing. I got it for £2.50 in Miss Selfridge.

FASHION FAUX PAS? A pair of gold sparkly shoes I bought for my 18th birthday but haven't worn since. There are a few things in my wardrobe still with tags on.

TREASURED ITEM? My leather jacket. I got it four years ago in New Look and even though the lining's coming away, I love it.

WISH LIST? A pair of £600 tan Valentino Rockstud heels.

STYLE ICONS? I love Rosie Huntington-Whiteley's off-duty look, chic and stylish. And Kendall Jenner's all over my Instagram.

FAVE TREND? There are so many! Floppy hats, crochet, fringing, and knee-high boots because they go with everything.

BEST BARGAIN BUY? My new favourite purchase is the 'cold-shoulder' top I'm wearing from eBay for the bargain price of £7!

FASHION FAUX PAS? I once paid £95 for some leopard-print creepers. I thought they were so cool and then realised they didn't go with anything I owned. I wore them twice then ended up selling them.

**DISCOUNT
SHOPPING
SPECIAL**

Reveal

Li



Luxe locks FOR LESS

We unveil the secrets to bagging a bargain blow-dry, cut or colour. There's an app that saves you money at celebs' fave salons and even a trick for upgrading your hue on a budget

THE SAVVY APP

Since its launch last year, Wahanda has totally taken off and a whopping 20,000 haircuts have been booked via the free app.

Using your smartphone's GPS system, it makes it easy to nab last-minute appointments and search for salon deals near you. We've spotted cut-price colour jobs at the multi award-winning Luci Foreman salon in Somerset, and bargain blow-dries at Liverpool's celeb-adored White Haus Hair & Beauty.

After your first booking, you'll often be emailed incentives to use the app again, including £10 off your next treatment.

BAG A FREE CUT

You've probably heard about the 'trainee trick', getting a cut from a junior hairdresser for a fraction of the price (or nothing at all) by acting as a hair 'model'. But did you know it's not just bog-standard salons that offer the service?

Our beauty spies tell us some of the most glamorous haunts in the country offer these promotions if you ask – they just don't often publicise them to avoid tons of requests.

Celeb hairdresser Andrew Collinge has swish salons in northern England. They'll do a cut and blow-dry with an apprentice for £12.50.

Percy & Reed in London's West End (*The Voice's* Rita Ora is a fan) offers the same, free of charge.

You don't need to worry about 'do disasters' – you can tell the stylist what you'd like, and they'll be closely observed by a pro all the way.

BUDGET COLOUR

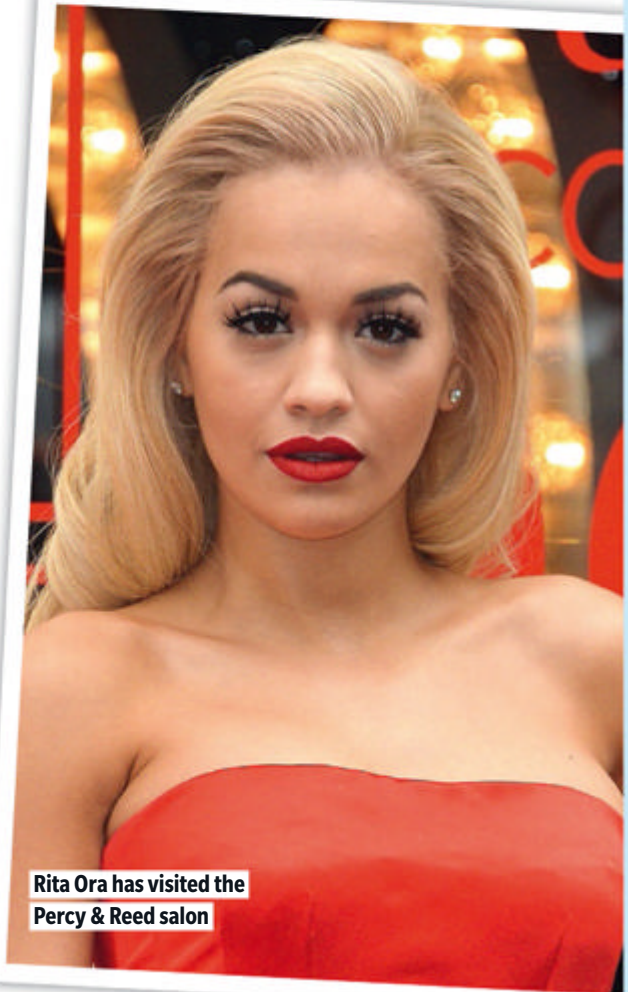
If it's the dye job that's sending your bank balance into meltdown, a professional gloss might just satisfy your craving for a new hue.

Similar to adding a topcoat to a mani, the 20-minute deep-conditioning treatment delivers a luminous tint that lasts for several weeks. It'll give your locks a new lease of life, lift your complexion and help blend away the first signs of grey. Most salons have a version of it for around £15 to £20.

BARGAIN BLOW-DRY

The blow-dry bar concept has finally hit the UK high street after kicking up a storm among glossy New York fashionistas.

They don't offer any cuts or colour treatments but



Rita Ora has visited the Percy & Reed salon

an express luxe-over will cost you less than the £25 you'd pay in an ordinary hair salon. It's hard to beat a deal like that!

Cardiff's branch of Superdrug offers a great low-dry for £15 in its special Beauty Studio and Nottingham's New Look store offers a wavy 'faux dry' (the hair is styled without washing it first) for just £9.99 – perfect for a night out or for a quick touch-up during a shopping trip.

MONEY OFF MILLIE'S FAVE HAIR SALON

Heading to London? Fancy celeb-spotting? The StyleCard app (a kind of digital loyalty card) gets you discounts at the A-list's go-to beauty haunts including 38 per cent off at Michaeljohn in Mayfair (loved by royals) and 25 per cent off at Josh Wood Atelier Liberty (Millie Mackintosh's a fan). A six-month

membership costs £59.99 but we've bagged you an exclusive deal – get it for just £10!

Just visit style-card.co.uk/reveal and enter the code **REVEALSTYLE** by Tuesday 19 May 2015.

You'll get restaurant and fashion discounts too.



Millie Mackintosh (left) loves Josh Wood Atelier Liberty

HELLO, HOT

It's not just us girls who worry about getting our bodies summer-ready. These fellas have gone from flab to fab, so what are their secrets to shedding the pounds?

JAMES ARGENT QUITS ALCOHOL AND FATTY FOODS

It's common sense – cut out food and drinks that are full of sugar, and you should lose weight.

But keeping to a strict diet is easier said than done, so kudos to *TOWIE*'s James 'Arg' Argent for doing just that.

The reality TV star entered The Priory rehab clinic in London at Christmas, reportedly for drug and alcohol addiction, a charge that saw him booted off the show.

Since leaving the clinic, he's worked hard to stay sober and has won back his place on the ITVBe show.

Not only that, Arg is looking and feeling so much better than ever after losing weight by giving up alcohol and replacing partying with boxing, running and weight training.

The 27-year-old, who is thrilled to be back with childhood sweetheart Lydia Bright, 24, told us: 'I definitely feel better now I've been working out and slimmed down – I don't feel like a heart-throb yet, but I'm getting there!'

'I'm getting fit and healthy and I may even have a six-pack by the summer.'



Going teetotal has helped Arg to lose weight

SAM SMITH DITCHES GLUTEN AND DAIRY

Shedding 14 pounds in 14 days is no mean feat. But *Stay With Me* singer Sam Smith shocked fans with this new, trim figure last month, which he achieved in just two weeks.

There was no expensive or time-consuming retreat or boot camp involved – Sam lost the weight by buying a £17 cookery book.

The 22-year-old said on Instagram that he now swears by Amelia Freer's *Eat. Nourish. Glow* which promises '10 easy steps for losing weight, looking younger and feeling healthier'.

Sam once said he preferred food to music



SPENCER MATTHEWS GOES TEETOTAL AND GETS A GIRLFRIEND

Made In Chelsea's Spencer Matthews has Lauren Hutton, his girlfriend of eight months, to thank for his body transformation. Fitness fanatic Lauren admitted: 'I think I've inspired Spencer to become fitter, because he was a bit of a fat boy when I met him.'

It may have been comments like that which encouraged the former party boy to become sober. So far, he's been booze-free for almost three months and plans to continue. Last week he told us: 'I haven't had a drink in 67 days and I'm not planning on touching it for six months. I've been playing tennis most mornings and I try and run most days. I'm doing the London Marathon and I'm looking forward to taking it seriously for once.'

'Having a girlfriend definitely helps because I go out partying less now. It didn't come directly from Lauren though, although she is very healthy. We love spending time together doing similar hobbies.'

The pair often go to the gym together and have just come back from a hiking holiday in Morocco in northern Africa.

TIES!

The London-born singer met Amelia, a nutritional therapist, who encouraged him to follow a dairy-free, low carb and low sugar diet.

Almond milk and avocados are Sam's new cupboard staples and Amelia – who also helped overweight pop star Boy George lose weight too – even recommends eating broccoli for breakfast.

Tea and coffee are only consumed at mealtimes and Sam's also started eating more slowly as part of his weight-loss plan and has taken up yoga.

He's struggled with his weight over the years and once said: 'I think I prefer food to singing.'

Now Sam says: 'She has completely transformed my relationship with food.'



Spencer's slimmed down after cutting out booze



Mark's toning up for his wedding



MARK WRIGHT WORKS OUT TO GET INTO SHAPE FOR HIS WEDDING

Mark Wright has always been into his exercise and now he's upped the ante even more in preparation for his wedding to Michelle Keegan next month.

The TV presenter lost muscle definition after coming fourth on *Strictly Come Dancing* in December and has been hitting the gym hard ever since.

He lost a massive one-and-a-half stone competing on the BBC1 dance show and plans to keep his weight off while also toning up.

Earlier this year, the former *TOWIE* star, 28, tweeted a picture of his slender frame, saying: 'First time back in the gym doing weights since before *Strictly* started four months back. 1.5 stone lighter and I am lifting half the weight... This is going to be an uphill battle!!'

But Mark is determined to look good for his wedding to former *Corrie* star Michelle. He's also been on the Bootea detox tea cleanse to help him slim down.

ED SHEERAN SWAPS PIZZA FOR GREEN JUICES

Ed Sheeran embarked on a weight-loss mission last year by simply swapping calorie-laden beer for slimline vodka.

After shifting two-and-a-half stone in three months, the 24-year-old said: 'I've dropped 35 pounds in three months just from not drinking beer. I've replaced it with vodka.'

We don't condone this method, obviously (drink responsibly at all times, guys!) But in the last few weeks, Ed's taken his diet even more seriously, by ditching his favourite takeaway and drinking green juices.

As a result, the *Thinking Out Loud* singer has dropped two shirt sizes.

He says: 'I went from a large to a medium to a small. It's my lifestyle, I haven't really been healthy to my body.'

'I've started green juices because I've realised that I go to restaurants and get a steak and chips with broccoli, and I'll eat the steak and chips and leave the broccoli.'

'I said to the guy that does the food on our tour, "Can you just blend everything that I need?" And then I just down it.'

And more significantly, Ed's cut out late-night snacking: 'The main thing I cut out was eating after shows. I'd get off stage and eat a pizza. Now I eat before a show, play, go to bed.'

Rebecca Greenow



Ed eats before going on stage instead of scoffing fatty snacks after



Reveal reader offer

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The four-star Mareblue Beach Resort is perfectly positioned in a stunning location overlooking a sandy beach, on the north coast of Corfu between Acharavi and Kassiopi. The hotel has a large lagoon-style swimming pool, landscaped gardens leading through to the beach, restaurant, pool bar and snack bar. All rooms have satellite TV, air-conditioning, fridge, tea and coffee making facilities and a balcony or terrace to relax on.

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- Seven nights' four-star accommodation
- Daily breakfast, lunch and evening meals
- All-inclusive drinks



Mareblue Beach Resort

OFFER #1

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June	£539pp
September	£389pp
October	£319pp

SUNSHINE GETAWAYS FROM £149pp

OFFER #2

THREE NIGHTS IN ROME

Full of history and stunning sights, Rome is a must-visit. See the world-famous Colosseum, sample the amazing cuisine and the delicious ice cream. Visit the magnificent Roman ruins of the Forum (left) and throw a coin into the Trevi Fountain, before visiting the Vatican where you can wander through St Peter's Basilica and experience the beauty of Michelangelo's frescoes in the Sistine Chapel. A three-night break offers you a great opportunity to make the most of the Italian capital and, if you're lucky, you might even get to experience a bit of la dolce vita (the sweet life)!

WHAT'S INCLUDED:

- Return flights from a selection of UK airports
- Flight tax & fuel supplements
- Three nights' centrally-located accommodation
- Daily breakfast

DEPARTURES	PRICES FROM
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July	£149pp
August	£199pp
September	£189pp
October	£179pp

For more information and to book, call us today on 01244 957 839 and quote Reveal2104

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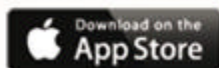
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STEVE ISN'T 'UNDATEABLE' – *he's the man of my dreams!*

Vicky Matthews found the man for her in the most unlikely of places – a TV show about people unlucky in love

Like millions of us, Vicky Matthews was hooked on the C4 show *The Undateables*. She never missed the TV series, which follows adults with disabilities and learning difficulties as they try to find romance.

But when the second series aired in January 2013, there was another reason why she was gripped to the show. His name was Steve Carruthers.

Steve suffers from Crouzon syndrome – a genetic disorder in which the bones in the skull and face do not grow properly. He bared his soul on TV, bravely telling the nation about his difficult childhood and the tragic deaths of his brother and sister from sleep apnoea, a common symptom of Crouzon syndrome.

Inspired by his moving story, Vicky, a 33-year-old children's ward play specialist, began tweeting Steve, and the pair fell for one another.

But though they have their happy ending, the couple have faced cruel jibes from internet trolls, urging Vicky not to wed her 'ugly' fiancé.

'From the moment I first saw Steve on the telly there was just something about him,' says Vicky, from Manchester. 'He was so genuine and had been through so much yet he still believed in love. I couldn't help but fall for him.'

'We've had so much support since we got together but some people see us as targets to ridicule. It's cowardly and pathetic – we just ignore them.'

It was 11 months after Vicky began tweeting Steve that romance first sparked. The pair had progressed to lengthy phone calls and Vicky supported Steve after the loss of his brother, Paul – his last remaining sibling who died in March 2013 from Crouzon-related complications.

Vicky says: 'I found myself talking about Steve at work and with my family, yet

I'd never even met him. So towards the end of that October I asked him if he wanted to meet up.'

Unlucky-in-love Vicky wasn't expecting anything more than friendship: 'I'd been single for ages. But there was no awkwardness with Steve. I just laughed the whole time. He's got such a cheeky smile and a sexy Sunderland accent. **He kissed me and** it was without question that we'd see one another again.'

On their second date, Steve asked Vicky to be his girlfriend and despite the two-and-a-half-hour drive, the pair visited each other every fortnight.

'When we went out, I occasionally noticed people looking at us but it didn't bother me – in fact, it was usually because they'd seen Steve on TV and they'd come running over asking for a selfie.'

'I never thought about how Steve looks different. With me, he's always been confident and that made me fancy him more. When I told my colleagues about my new boyfriend, I was proud to show off pictures of Steve to them.'

Just six months into their relationship, retail worker Steve moved to Manchester to live with Vicky.

And three months after that, Steve took the next step in a special episode of *The Undateables* which revisited previous stars of the show.



Steve and Vicky are engaged and will tie the knot in August



Steve's three siblings have sadly died due to Crouzon-related complications



'On the day of filming, we got stuck in traffic and he was grumpy and stressed – the total opposite of how he usually is. But later I found out why. As we walked through the centre of Manchester, we passed a busker singing *Come To Me* by the Goo Goo Dolls, which is our song.'

'Then Steve went up to him and started singing along. I didn't have a clue what was going on!'

A moment later, Steve was down on one knee proposing to Vicky.

'It took three months to prepare, but everything I do I put my heart and soul in to,' says Steve, who gives Vicky flowers on the 17th of each month to mark their first date. 'You could say I'm a bit of a romantic.'

While their friends and family couldn't be happier, others haven't been as accepting of the union.

'Most people who watched the show fell in love with Steve, just like I did,' Vicky says.

'But a month ago I received a message on Facebook that said: "Why are you marrying that ugly f*****?"'

'It was absolutely heartbreaking. Worst of all they'd blocked me so I couldn't respond or see who had written it. It's beyond cowardly.'

'We always make sure we sit down and talk about it afterwards. I want to make sure those comments don't eat away at us.'

For Steve, cruel jibes are part of everyday life: 'I'm always getting abuse on Twitter, but I don't take it to heart,' he says. 'Someone said I was a dead ringer for the cookie monster. He meant it as an insult, but I think the cookie monster is quite sweet.'

Instead of dwelling on negative remarks, the happy couple are focused on their vintage-themed wedding, which will take place on 30 August.

'I've got a gorgeous vintage ivory dress and the perfect venue booked,' she smiles. 'Best of all I've got the man of my dreams.'

Steve – who also suffers from sleep apnoea and has a special machine to regulate his breathing while he sleeps – is now working with Changing Faces, a charity that supports people with disfigurements.

He adds: 'Since meeting Vicky my confidence has grown and she's changed me as a person. I'm so thankful that I've found her.'

After the wedding the loved-up couple plan to fill their house with children.

'Because Steve and his three siblings inherited Crouzon syndrome, he was worried he would pass it on to our kids but tests have shown that's not the case,' says Vicky.

'When I was younger I always wanted 10 children. So we'd better get a move on.'

Joe Brothwell & Su Karney

For more information, visit changingfaces.org.uk

'WE'RE THE BIGG

Made In Chelsea hotties Andy Jordan and Stevie Johnson, both 25, talk romantic triumphs, dating disasters and Tinder...

WHAT'S THE MOST ROMANTIC THING YOU'VE DONE FOR SOMEONE ELSE?

Andy: I once surprised someone with a trip to Morocco but it went horribly wrong. I had a great holiday with my then-girlfriend but disaster struck as soon as we landed back in the UK. We started having a silly row that escalated into something more serious and then broke up in the airport! It doesn't sound romantic, but it's the thought of my gesture that should count. There's not many things cooler than surprising someone with a plane ticket.

Stevie: The most romantic thing I did was probably when I took my ex-girlfriend Poppy to Paris – but it was just a disaster. It was the right place but the wrong girl. She really wasn't a good fit for me.

A: This year is going to be my year to do something. I can't spill too many details, but I can tell you it involves a plane and a very special restaurant in Spain. The main problem is finding the right girl to do these things for!

WHO'S THE SOPPIEST PERSON IN CHELSEA?

S: Us!

A: I'd say us or Alik [Alfus]. He's really romantic. But between him, and us, we've definitely got romance in Chelsea covered. The girls aren't very good at all.

WHAT'S THE MOST ROMANTIC THING ANYONE'S EVER DONE FOR YOU?

S: This isn't necessarily typically 'romantic' but I was ill while I was away with this girl [his now girlfriend, Cressida Stewart] and she ran me a bath and read me Tennessee Williams stories.

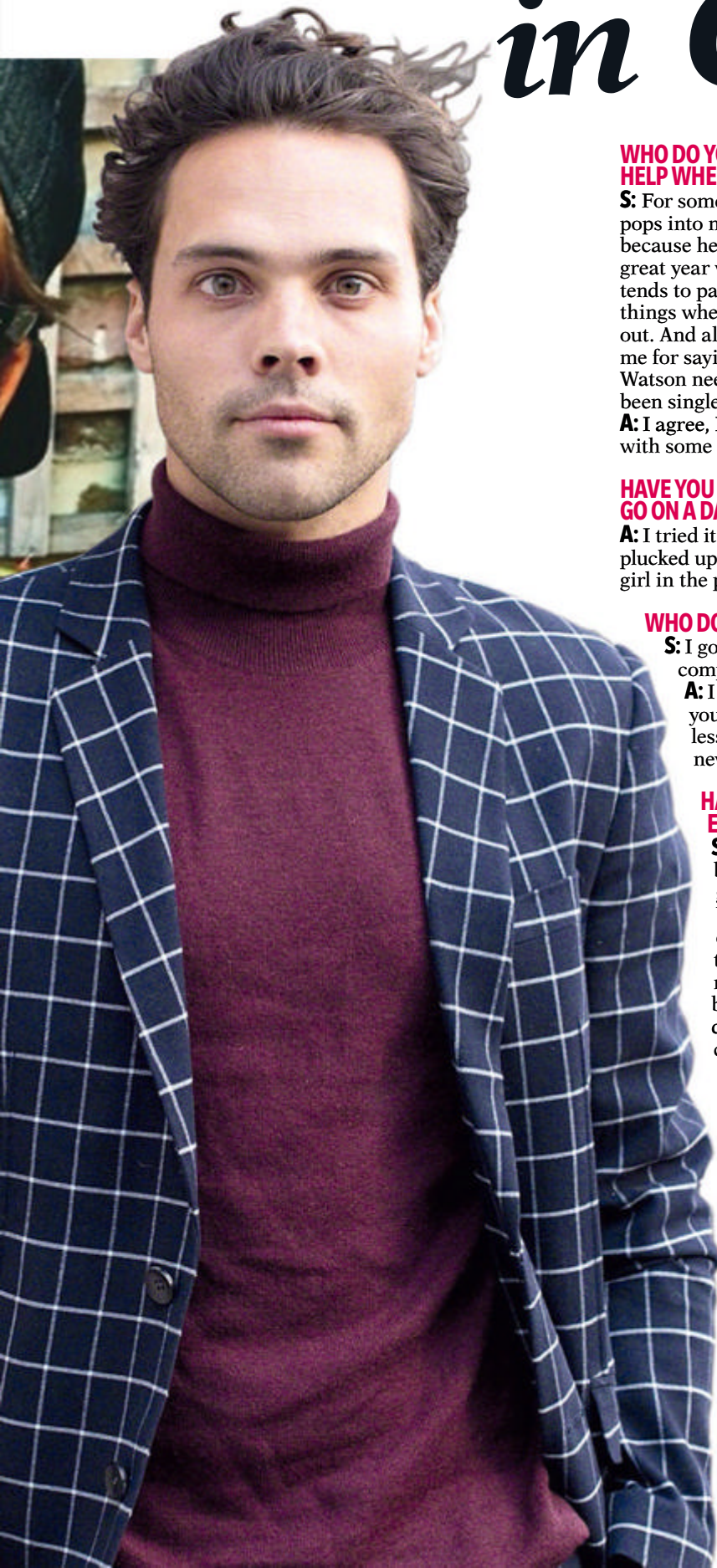
A: That is love. No one ever does romantic things for me. I'm always the romantic one. I'm like a little puppy!



Stevie (left) and Andy reckon a trip abroad is a romantic way to woo the ladies

Instagram/steviej_23

BEST ROMANTICS *in Chelsea!*



WHO DO YOU THINK NEEDS MORE HELP WHEN IT COMES TO DATING?

S: For some reason Jamie [Laing] pops into my mind. Probably because he really hasn't had a great year with the ladies! He tends to panic a bit and rush into things when he just needs to chill out. And also, though she'll hate me for saying this, I think Lucy Watson needs a bit of help... she's been single for a long time.

A: I agree, Lucy could definitely do with some help!



Stevie says Jamie Laing needs help with the ladies

HAVE YOU OR WOULD YOU EVER GO ON A DATING APP LIKE TINDER?

A: I tried it once but it massively backfired. The one girl that I finally plucked up the courage to go and meet turned out to not really be the girl in the picture. So my first Tinder date was my last.

WHO DO YOU THINK IS BEST AT GIVING GIRL ADVICE?

S: I go to Lucy for girl advice. When I lived with her for a year it completely changed my mindset.

A: I totally disagree – she's far too hardcore! Lucy will tell you to be ice cold, whereas I think most people my age are less into playing games. Lucy likes to test people and that never works out well.

HAS ANYTHING REALLY BAD EVER HAPPENED ON A DATE?

S: My worst dates have always been when I've invited out girls I've met on a night out because the next day you can't remember at all what they were like! It's one thing meeting someone in a club, but going out for a drink or dinner one-on-one afterwards can get really awkward.

A: I once had an absolute shocker of a date. I was running an hour late, so I messaged my friend who managed the bar and asked him to look after her until I arrived.

Unfortunately, his attempt of looking after her was to give her a magnum of champagne that he'd painted her name onto. She was completely mortified because she was a very under-the-radar person. And as if that wasn't bad enough, when I did finally arrive, I spilt both our espresso martinis down me. Surprisingly, I didn't get a second date.

Katherine Parkes



Andy doesn't think Lucy Watson gives good dating advice

Catch Andy and Stevie on *Made In Chelsea*, Mondays at 9pm, on E4

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Reveal *beauty*

Lauren's expanding her
home extensions brand
into salons this May, with
Hair Rehab London Salon
Professional extensions



Lauren Pope's GUIDE TO HOT SUMMER HAIR

If anyone knows about gorgeous tresses, it's Lauren Pope – even Cheryl Fernandez-Versini's a fan of her extensions. The TOWIE star spills her mane secrets

A-LIST FAN BASE

Lauren Pope launched her clip-in extensions brand, Hair Rehab London, in 2007, before she joined the ITVBe reality TV show.

'The list of celebs who like it, including Little Mix, Abbey Clancy and Whitney Port, is growing at a rapid rate which is a huge compliment,' says Lauren, 32. 'It's always great to hear anyone is a fan of something I have built from scratch and worked so hard on. But I also get a buzz when ordinary women tweet or post an Instagram picture of themselves wearing my extensions.'

THE TREND SHE'S OBSESSED WITH

Lauren says: 'I spotted the 70s trend during fashion week and bought myself some flares as soon as I saw them.'

'I've also embraced more voluminous hair. I've been wearing my **Hair Rehab London Luxe Volume Half Wig, £179.99**, hairrehablondon.com, for this – it gives height at the roots. Paired with loose waves, it's a winning look that's flattering on so many face shapes.'

HOLIDAY HAIR TRICKS

'People forget about SPF for your hair but it's a must. I hate coming back from a holiday with frazzled tresses,' Lauren says. Try **Boots Soltan Head & Hair Dry-Touch Suncare Spray SPF 30, £4**.

'For pool parties, my face shape suits a slick, high ponytail. I use a wand to make the end of the ponytail slightly wavy for a grungy, cooler look. My **Hair Rehab London Clip-On Bun, £20.99**, is also handy in the heat, especially if you're prone to frizz. You can shove your own hair inside it so it's out of your face and protected from the sun,' she adds.

'My hair is really fine and fly-away so for summer evenings, beachy waves work well for me. I'm obsessed with **Shu Uemura Texture Wave, £22**, it's like a sea salt spray and dry shampoo in one.'

'To look chic at the airport, I blow-dry my hair the night before a flight. I leave Velcro rollers in overnight and while I get ready. Then I add some pre-waved **Hair Rehab London Original Clip-In Extensions, £84.99**, to finish the look,' Lauren reveals.

Her hair essentials

1 Fast Shampoo and Conditioner, £29.99 for the set, Boots

'These are designed to help encourage hair growth – they definitely work.'

2 TRESemmé Freeze Hold Hairspray, £2.69

'I don't think you can beat this. It holds like nothing else I've ever tried and, trust me, over the years I've tried a lot.'

3 Fudge Think Big Texture Spray, £11.95

'This is my favourite volume-boosting product. It gives a bit of grit which is great when you're backcombing the roots. It has a direct nozzle so you can get it right into the areas you want.'

4 Batiste Eden Dry Shampoo, £3.29

'I love this but I've also just started using **Bumble and Bumble Prêt-à-Powder, £21.50**, and I'm liking the results. It leaves less residue than a spray-on dry shampoo.'

5 Philip Kingsley Elasticizer, £16

'I use this as a deep-conditioning treatment when my locks need a hydration hit.'

6 Cloud 9 Waving Wand, £99.95, cloudninehair.com

'This is great for creating loose curls. I also use **Cloud 9 Straighteners, £129.95**. I use the Wide Iron to give beach waves and the Original Iron for mermaid waves.'



A Reveal promotion

Fresh Perspectives

Whatever your personality and lifestyle, the new Soft & Gentle Skin Science range has a deodorant to suit you...

Lucy's HEALTHY LIVING

Gym bunny Lucy, 26, is a busy working girl living in London. When she's not hotfooting it to a spinning class, she's doing HIIT training in Finsbury Park (that's high intensity interval training, FYI).



On my wishlist

I'm coveting everything from Missguided Active – a range of chic workout-wear by the high street label – especially this marble-effect vest, £12.



My workout wonder

I'm obsessed with fitnessblender.com. The site boasts a range of free, easy-to-follow exercise videos that you can do without leaving your house. It's amazing.



New 'it' water

Remember when everyone went crazy for coconut water? Now birch water's the drink du jour. You can pick it up in health food shops.

Soft & Gentle Ultra Protect deodorant is ideal if you're always on-the-go, like me. With a fresh fragrance, the clever body-responsive formula delivers reliable 72-hour protection while preventing irritation. It's hard-working, kind on skin and small enough for my gym bag.



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Soft & Gentle SKINSCIENCE

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Amber picks eye creams



A new generation of peeper-perfecters promise to blitz dark shadows and puffiness, pronto. My testers find out if Aldi's £3.99 version can beat pricey buys...



Best for
early signs
of ageing

**No7 Early Defence
Eye Cream, £13.50, Boots**

This is part of No7's new line – a skincare range for younger women, following on from its sell-out Protect and Perfect range. 'The tube will last me ages – you only need a dot. There was no change to dark circles but it felt lightweight, hydrating and super-soothing,' my reviewer explains.



Best for
a lifting
effect

**Hylamide SubQ
Eyes Advanced
Serum, £27, Boots**

The science behind this is pretty incredible. In short, it not only targets darkness and lines, but reduces sagging on upper lids too. 'This wasn't the most pampering of products but I instantly felt it getting to work. There was a slight tingling sensation followed by a tightening effect,' explains my tester. Just steer clear if you're sensitive.



Best for
busting dark
shadows

**Formula Advanced
Dark Circle
Minimiser, £16,
Marks & Spencer**

My reviewer was blown away by this 'amazing' cream that has a subtle brightening shimmer. 'Within just a few days, I saw a slight reduction in dark circles. The metal applicator is genius – it felt really cooling,' she raves.



Head to reveal.co.uk
for loads more celeb
beauty secrets
#BeautyUnbound

AN EXTRA PEEPER PERK-UP TRICK

Celeb make-up artist Kirstin Piggott uses this technique on models. 'Soak two green tea bags in water, pop in the freezer then place on closed eyes to ease puffiness,' she explains. Kirstin's got a fave fatigue-fighting mascara too, Rimmel London Wonder'full Wake Me Up Mascara, £7.99. 'The formula contains cucumber extract which has a refreshing sensation,' she says. Or brighten like Rochelle Humes (pictured) by tracing a gold eye pencil along your lashlines.

Aldi Lacura Expert Eye Gel, £3.99

My tester really rated this buy which boasts surprisingly powerful ingredients. 'The gel's lightweight and not at all greasy. My eyes were smoother and less puffy within seconds. I'm seriously impressed,' she raves. It claims to tackle wrinkles too – in an independent study, women saw a reduction within four weeks.



Best for
beating
puffiness

**Kiehl's Clearly
Corrective Dark
Circle Perfector
with SPF 30, £29**

This is unusual – it has a slight tint that erases shadows, while delivering long-term radiance-boosting effects. 'It's become a real saviour for me when I'm rushing in the mornings, especially on days when I don't want to wear make-up. It makes it look like I've had a great night's sleep,' explains my tester. Avoid if your eyes are dry – it's the least moisturising of the bunch.

Best for
speedy
brightening





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The hottest buys on the high street this week

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Check out our phone and tablet edition for another way to style this look

- Shirt, £32, Topshop
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**Star
OF THE WEEK!**
KAT MOON
EASTENDERS

"Who can
carry on
after all
this?"

HOME	THIS WEEK'S MAGAZINE	HOT NEWS!	SNEAK PICS	ON TELLY TONIGHT	THE WEEK AHEAD	WORDS OF WISDOM	SILLY STUFF	INSIDE SOAP SAYS	FLASHBACK
	CORONATION STREET		EASTENDERS		EMMERDALE		HOLLYOAKS		

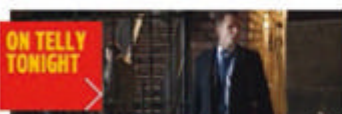
THE LATEST The top soap gossip today...



**Video: Trouble for Nicola in
a clip from tonight's
Emmerdale!**

Chrissie is furious with Nicola in our clip
from this [...]

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night with these 5 things!**

What's good on the telly tonight...

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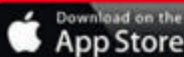
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Dr Phil

TV's Dr Phil Hammond answers your questions and gives it to you straight on the big health issues

BREAST ISN'T ALWAYS BEST

Can I buy breast milk online?
Hannah, Merseyside

Yes, but I wouldn't want to purchase it. Buying breast milk from strangers online to feed your baby is risky. In a recent study, 90 per cent of the milk bought online had bacteria in it and some of the sellers were intravenous drug users. It's safer, but a little more expensive, to buy breast milk from a proper milk bank where it's been screened. Some bodybuilders and cancer patients drink breast milk bought online in the hope it may bring benefits, but there has been no medical evidence or scientific study to support this idea.



Trust me – I'M A DOCTOR

Why does the UK have poor cancer survival rates?

David, Witney, Oxfordshire

Cancer survival rates have improved a lot in the last 20 years in the UK, but we still lag behind some other European countries. This is partly because we put less money into our health service so our consultations are short, the staff are stretched and we don't always have the cutting-edge drugs and equipment for diagnosis and treatment. It's also because of our unhealthy lifestyles and the fear and embarrassment of coming forward when we think we might be seriously ill. Macmillan.org.uk has good advice on spotting cancer early.

THE sex QUESTION

WONDER WILLY

Is it possible to have a penis transplant?

Dan, South London

Apparently so. A South African urologist is reported as having carried out the world's first successful penis transplant on a 21-year-old whose penis was cut off during a botched circumcision. The operation took nine hours and the donor penis came from a dead man. Three months on and the patient is sexually active again and may even be able to have children. The surgeon has now been flooded with inquiries, including from men who are changing gender and want to donate their penis to someone else.

DR PHIL SAYS: 'If you can't sleep, cut back on caffeine – coffee, chocolate and Coke.'

PLAY NICELY – AND SAFELY – WITH TOYS

Should my child play with my old toys?

Janice, Glasgow

Safety regulations weren't as strict years ago, so you need to check there are no loose buttons or small parts that a child could choke on. Studies have also found that plastic toys made in the 70s and 80s have high levels of lead, cadmium and even arsenic. The older the toy is, the more likely these toxins will be released as dust. The risks are probably low if you only play occasionally, but very old dolls and little plastic ponies may be best left on the shelf.

STOPPING ALZHEIMER'S

Why don't we have a drug to reverse Alzheimer's disease?

Molly, Harrogate

Alzheimer's is caused by the deposit of a substance called amyloid in the brain. The brain is protected by a barrier that not only stops poisons crossing into it, but makes it hard for drugs to reach it. Drugs are being developed that clear the amyloid but the dose needed can cause unpleasant side effects. A small trial of a drug called aducanumab has shown that it may be able to reverse some of the amyloid and also slow down the mental decline. More studies are needed to see how big the benefits and risks are.

HAVE YOU GOT A QUESTION FOR DR PHIL? EMAIL HIM AT dr.phil@revealmagazine.co.uk

DR PHIL'S NEW BOOK, STAYING ALIVE, IS A BEST SELLER. GO TO drphilhammond.com Dr Phil regrets that he cannot reply to emails personally

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BREAKFAST *spa-style*

You don't have to spend a fortune booking into a spa to treat yourself to delicious and ultra-healthy food

Angela Liddon's vegan cookbook *The Oh She Glows Cookbook* hit No.1 in *The New York Times*' bestseller list and now it's available here in the UK.

Using only plant-based ingredients – no dairy, meat, fish or processed food – Angela's recipes are perfect if you're trying to shape up for summer. Get your day off to a brilliant start with these two recipes.

SPA DAY BIRCHER MUESLI

Serves 2 to 3 Prep time: 10 minutes Chill time: overnight, or for at least 2 hours Gluten-free, oil-free, raw, soy-free

'This healthy and filling breakfast takes just a few minutes of preparation before you head to bed,' Angela writes.

'While you get your beauty sleep, the muesli soaks in the fridge, allowing the yogurt to soften the oats and the flavours to meld. The result's a sweet, super-creamy bowl of chilled oats. In the morning, all you have to do is add a few toppings and then kick back and pamper your health with this delightful breakfast.

'Feel free to change the mix-ins – walnuts would be a nice substitute for the almonds, as would seeds like sunflower, sesame, chia or flaxseed. Seasonal fruit's a must in my mind. It adds the right amount of natural sweetness to this dish.'

INGREDIENTS

2 medium apples,
peeled and cored
100g gluten-free rolled oats
250ml almond or coconut
yogurt
2 tbsp raw pepita seeds (or
shelled sunflower seeds)
2tbsp raisins
2tbsp dried cranberries

FOR SERVING:

Fresh seasonal fruit
Sliced almonds or
other nuts, toasted,
if preferred
Pure maple syrup
Cinnamon

METHOD

- ➔ Dice one apple and grate the other on a box grater. Place the apples in a large bowl and add the oats, yogurt, pepita seeds, raisins, and cranberries. Stir to combine.
- ➔ Cover and refrigerate overnight or for at least two hours, until the oats soften.
- ➔ Serve in a bowl, topped with fruit, nuts, maple syrup, and a pinch of cinnamon.
- ➔ Leftovers will keep in an airtight container in the fridge for three to four days.



The Oh She Glows Cookbook
(Michael Joseph, RRP £16.99)
by Angela Liddon is available
in paperback on amazon.co.uk

TIP!

If using water instead of coconut water, you might want to add a bit of liquid sweetener to make up for the lack of sweetness



GLOWING MOJO-ITO GREEN MONSTER

Makes one 750ml smoothie Prep time: 5 minutes
Gluten-free, oil-free, raw, soy-free, sugar-free, grain-free, nut-free

'Like a party in your glass, this energizing mint, creamy avocado and zesty lime smoothie is the perfect refreshing drink to win over any green smoothie sceptic.'

INGREDIENTS

75g watermelon cubes
(optional, but recommended)
30-50g baby spinach
or other leafy greens
250ml coconut water
or water

1 large sweet apple
(such as Gala)
3tbsp avocado
1-2tbsp fresh lime juice,
to taste
5-10 large mint leaves,
to taste
5 large ice cubes

METHOD

- ➔ Freeze the watermelon cubes (if using) overnight or until frozen solid.
- ➔ In a high-speed blender, combine all of the ingredients and blend until smooth. Pour into a glass and toast to green drinks!

Sarah was spotted
with a mystery
man in February

'MY MUM IS *thrilled* I'M ON CORRIE!

Ahead of her *Coronation Street* debut, we talk on-screen nerves and awkward kissing scenes with Girls Aloud's Sarah Harding

Former Girls Aloud star Sarah Harding, 33, is set to strut onto the *Coronation Street* cobbles as the arch-nemesis of feisty Tracy Barlow.

We catch up with Sarah at M&M's Election Party at its Leicester Square, London, store and it's clear she's caught the acting bug.

'I still can't believe it. The role's been in the pipeline for a while because the producers know I'm a big fan,' she laughs.

'I did a bit of charity work [in Manchester] last year and I was running around [the set] going, "There's Audrey's!"

'My mum's thrilled. She buys all the soap magazines and knows what's going on before I do. I'll have to remain tight-lipped about my script!'

After landing the role, Sarah says her phone 'did not stop' and one caller was her former bandmate Cheryl Fernandez-Versini – who made a cameo appearance in the *Rovers Return* last Christmas.

'Cheryl congratulated me. All of the girls did. We're due to meet up for dinner soon but we've both been so busy,' she says. 'Cheryl's a massive *Corrie* fan but she's not been

trying to get storylines out of me yet!'

Sarah's four-episode role won't be her first foray into acting – she's been in films *Freefall*, *Run for Your Wife* and *St. Trinian's 2: The Legend of Fritton's Gold*.

And the producers at ITV were so impressed by Sarah's CV, she reveals she skipped the audition process altogether.

'I was quite lucky and didn't have to audition. They looked on YouTube and saw what I did,' she explains proudly.

She adds: 'I'll just do what I've done in the past and give it the best that I can. It will be nice to try my hand at acting again because I've missed it.'

Sarah says she's looking forward to getting on set: 'I've met a few of the cast and they're wicked. I'm looking forward to stirring things up. It's going to be fun.'

We don't doubt it with a potential love interest also rumoured to be on the cards. The lucky man thought to be up for the role is 2005 *X Factor* winner Shayne Ward.

But Sarah, who split from DJ Mark Foster in September and was spotted with a mystery man in February, is unsure about smooching with Shayne.

'It wouldn't be awkward playing alongside Shayne because we both auditioned for *Popstars* [in 2002],' she says. 'He's like a little brother to me and I'd probably be comfortable, but kissing him would be a bit weird!'

Buckinghamshire-based Sarah hints she'd be ready to up sticks to Manchester for a permanent role in the soap.

'I'm only doing a short stint so I can jump on the train. It's easy but we'll see how it goes. If it's good, it could turn into something more. You never know!'

Lauren Hills

TV
GOSS

'CANCER IS NOT A TABOO SUBJECT' WE SHOULD TRY AND *fight*

Sheridan Smith has taken on difficult acting roles throughout her career, but her part in BBC1's new drama *The C Word* is one of her toughest yet

Actress Sheridan Smith's latest stellar TV performance is in *The C Word*, which documents the moving true story of Lisa Lynch's battle with terminal breast cancer (see column far right).

It has a special place for Sheridan, 33, as she describes the moment when journalist Lisa first got in touch and asked her to take on the role in the BBC drama.

'Lisa first contacted me via Twitter several years ago and we quickly became friends. She called me "SS" and I called her "LL". She said "Only you can play me", and I have saved that text. I think maybe she saw something in me I don't see in

myself,' says the NTA-winning actress.

Tearing up, Sheridan adds: 'Her zest for life was infectious and I was moved and inspired by her courage and bravery. I couldn't help but love her, that's why I want to tell her story.'

During filming, Sheridan drew on the memories she has of her eldest brother, Julian, who died from cancer at just 18 when she was eight. But while his memory was sure to play on her mind throughout, there was one particular scene, in which her character was carried out of the bath, that is particularly poignant to Sheridan.

'One thing I really remember about my brother passing away is my mum and dad carrying him up and down the stairs and out of the bath, so it is very real, and you have to show that bit,' she says.

'Lisa was funny, she's brilliant and her humour was what we all adored about her, but you've got to show that very real side to it too.'

Although playing the role was something Sheridan was always set on doing to honour Lisa's memory, she also says she has high hopes that the drama will encourage others to pull together and tackle the illness head on.

'My favourite line is when she goes, "I'm British, we just don't talk about things like that", and it gets me every time, because we don't.

'It's cancer, and it touches one in three and we should talk about it. It's not a taboo subject – it's a hideous disease and we should try and fight it.'

As she played her brave friend, the *Cilla* star also made the decision to shave her head and her eyebrows, saying it 'was the least I could do'.

Lincolnshire-born Sheridan finally adds: 'I thought: "What an honour it is to play her." I am so pleased I did it and if it makes one girl check her boobs and carry on Lisa's legacy I will be happy.'

'She was amazing and inspirational and I hope that that will show through for everyone who watches it.'

Katherine Parkes

The C Word airs on BBC1 in early May



Sheridan Smith with her National Television Award for her performance in *Cilla*



SUBJECT. *fight it'*



As Lisa Lynch, Sheridan (pictured with Paul Nicholls as husband Peter) had the difficult task of portraying her friend's battle with breast cancer



Lisa Lynch with her parents Ian and Jane

'CANCER BITCH, NOT CANCER'S BITCH'

Journalist and editor Lisa Lynch was just 28 when her husband Peter discovered a lump in her left breast during a tickle fight in 2008.

It turned out to be a grade 3, 5cm tumour and Lisa took to writing a blog, using words as her weapon: 'Writing while fighting', as she put it.

In her *Alright Tit* blog, she described her battle in a brutally honest – and often hilarious – way, calling herself a 'cancer bitch, not cancer's bitch'.

She wrote about her diagnosis: 'I remembered the specialist pointing to a cloudy area on the scan and uttering the words "breast cancer"... After we'd been led out of the room we both cried, but the kind of crying that comes without tears. Frozen-to-your-core, terrified crying.'

Documenting her chemotherapy, she wrote: 'Want to know what chemo feels like for me? Horrific. Can't-keep-anything-down sickness, shakes and shivers, diarrhoea, wanting to rip out my veins, fainting, aching, heart palpitations, all-over bone pain, sweating, panicking... watching as my joints swell and itch.'

When Lisa was told she was cancer-free, she blogged: 'Things will be different around here... *Alright Tit* is no longer a blog about life with breast cancer. It's a blog about life beyond breast cancer.'

Sadly, in September 2011, Lisa's cancer returned and spread to her bones. It was grade 4. She typed: 'This cannot be cured, but it CAN be managed. We're not talking months, but years: hopefully lots of them.'

However, less than two years later, it spread to her brain and she passed away. Peter broke the news via her blog: 'I've been battling some words around in my head... searching for poetic prose to do justice to my world, my rock, my best friend, my lover and my wife. Alas, there will never be an easy way in which to tell you all that Lisa passed away very peacefully on Monday, March 11th, 2013.'

Since then, her friends have maintained *Alright Tit* in Lisa's memory.

Sarah Whiteley

7days

REVEAL'S CARENA
CRAWFORD PICKS THIS
WEEK'S TV HIGHLIGHTS

EMPIRE

Lucious Lyon (Terrence Howard) seems to have it all in this hot new US drama. He's a talented artist and CEO of Empire Entertainment, but then he's diagnosed with a debilitating illness and must choose one of his three sons to take over his music kingdom. The youngest, Hakeem, is a gifted musician, but spoiled playboy. Middle son Jamal's a sensitive soul who shies away from the spotlight, and eldest boy Andre has a brilliant mind, but lacks charisma. So who to choose? Lucious might not need to when his ex-wife, Cookie, gets out of jail and demands her share of the business. As the Lyons thrash it out, will it destroy the family empire?

E4, TUESDAY 28 APRIL, 9PM



POLDARK

It's the last in the series of the smash-hit Sunday night drama, but thankfully there's a second run in the works, so it's not goodbye to the gorgeous Aidan Turner and his torso forever. We'll be getting our final fix this week though as Ross tries one last time to turn the fortunes of Carnmore around. Unfortunately he's outbid and is forced to fold the company and it's not long before George takes the opportunity to rub his victory in Ross' face by flaunting his new ship. But later, the vessel is wrecked upon the rocks, and Ross leads the local poor to loot the contents, exacting his revenge.

BBC1, SUNDAY 26 APRIL, 9PM



PETER KAY'S CAR SHARE

Peter Kay's new comedy about an unlikely couple brought together by a company car-share scheme arrives on the Beeb. The Bolton funnyman plays supermarket assistant manager John Redmond, who's forced to commute with promotions rep Kayleigh Kitson (Sian Gibson) when his out-of-town store introduces a car share initiative. The pair would never usually cross paths, but with the twists and turns their daily journey takes, they find themselves developing an unlikely relationship.

BBC1, WEDNESDAY 29 & THURSDAY
30 APRIL, 9.30PM

DON'T MISS

Martin Shaw and Lee Ingleby star in the new series of Inspector George Gently. It's 1969 and the detectives along with their colleague WPC Rachel Coles must investigate a rape and murder of a prostitute. BBC1, Wednesday 29 April at 8pm.

WANT TO BE ON TV?

Do you regret a tattoo, radical surgery or an extreme body modification? Or maybe you're the opposite and are seriously considering getting something major done? If this sounds like you or someone you know, get in contact now! Email: bodys Shockers@endemoluk.com

THIS WEEK'S SOAP HIGHLIGHTS

EastEnders



KAT REVISITS THE PAST

After receiving another letter asking her to testify against Harry, Kat hits the bottle. She opens up to Max about her troubles and then decides to try to repair her marriage by going on a picnic with Alfie. When things don't go all that well, she visits the convent where she gave birth to Zoe. Can a trip to the past help her rebuild her future?

EASTENDERS, BBC1, MON & FRI, 8PM, TUE & THU, 7.30PM

WHAT'S JENNY'S PROBLEM?

Maria is shocked when she rows with Jenny over Jack and Liam, and Jenny ends up slapping her. Jenny later tells Sophie and Kevin it was Maria who hit her, but Sophie doesn't believe her. Kevin refuses to listen to his daughter's concerns about his girlfriend, but when Sophie tries to apologise to Jenny, Jen then tells everyone Sophie attacked her!

Coronation Street



CORONATION STREET, ITV, MON & FRI, 7.30PM & 8.30PM, WED, 7.30PM

Emmerdale



VANESSA'S PREGNANT

Shocked Vanessa discovers she's pregnant and worried Adam could be the father rather than boyfriend Kirin. She thinks a termination might be the answer, though soon realises she can't abort her baby. She tells Adam her news, but insists their affair has to stay secret and she'll bring the child up as Kirin's. How will her fella take the news of impending fatherhood?

EMMERDALE, ITV, MON-WED, 7PM, THU, 7PM & 8PM, FRI, 7PM

GRACE'S PRISON FRIENDS

Reenie becomes Grace's new cellmate, but not for long when crazy Kim gets herself arrested. Wanting to be closer to Grace – the object of her obsession – Kim slips laxatives into Reenie's drink and soon the McQueen ends up in hospital. That leaves a space for Kim in Grace's cell, and it's not long before Kim's worming her way in and ends up in bed with Grace.

Hollyoaks



HOLLYOAKS, C4, MON-FRI, 6.30PM

24 HOURS IN THE PAST

It was a hard life in Victorian Britain and now six celebrities are travelling back in time to spend four days seeing what it was really like. Their first 24 hours lands them in the filth and grime of the city dustyard, where they must sift through mountains of dirt, rotting vegetables and old bones – yuck! There's no escape, no compromise and no going home for actress Zoë Lucker, former MP Ann Widdecombe, impressionist Alistair McGowan, ex-athlete Colin Jackson, *Outnumbered* star Tyger Drew-Honey and TV presenter Miquita Oliver. Who will discover their inner Victorian?

BBC1, TUESDAY 28 APRIL, 9PM

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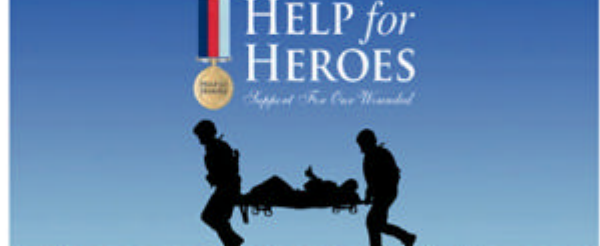
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Reveal celebs

FAVE... FASHION TREND?

I love suede fringing on bags and jackets. I just got a black-fringed bag from Meli Melo and it's gorgeous. It sounds odd, but I love when clothes move as you walk – it's such fun.



STYLE ICON?

[US actress] Ali MacGraw because she just optimised understated, 70s cool. She could wear just a basic T-shirt and jeans and look amazing. I try to take inspiration from her – sometimes the simple pieces make the biggest impact.

TV JOB?

Plain Jane on MTV. The team was like one big family and the makeovers were wonderful. We did a 'where are they now?' and the girls have done so well. Sobi got a record deal, Jade got engaged and another has become a producer.



HEALTHY MEAL?

Turkey burgers, because they don't taste like boring healthy food, they taste amazing. I like to use ground almonds instead of flour to make them gluten free.

WISE WORDS?

The road to success is never a straight line. Setbacks and problems are all part of the journey, so don't stress about them too much. Also, old friends are the best – you can never replace them.

CELEB YOU'VE MET?

J.Lo is so inspiring. She's beautiful, I'm sure she's ageing backwards. She was down to earth and you can tell she'd be up for a good night out.

Words Katherine Parkes Photos AllStar, Getty, Rex Features,

Love it!

Fashion journalist and TV presenter **Louise Roe**, 33, on her penchant for 70s style, her budget beauty love and playing jazz flute with Ron Burgundy

BEAUTY TIP?

Give yourself face massages – they have tutorials on YouTube. It's so good at getting rid of any puffiness under your eyes and really helps wake me up in the morning. It also helps my make-up to sit better on my skin too so I try and do it two to three times a week.

MOVIE CHARACTER?

Ron Burgundy from *Anchorman*, played by Will Ferrell. I got to play jazz flute on the red carpet with him once and I wore his moustache, so I feel quite close to him. He's like my spirit animal.



MAKE-UP PRODUCT?

I love Maybelline's Great Lash mascara. It's one of those affordable items I've always used because it's brilliant at thickening my lashes.



BOOK?

A Tale Of Two Cities by Charles Dickens has to be one of the best books ever written. It's so detailed and he had a way of writing stories that really draw you in. It's one of those books you can't put down – a real nail-biter.

Front Roe: How To Be The Leading Lady In Your Own Life (Running Press, £16.99) by Louise Roe is out now





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